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Family Circle

FEBRUARY 3, 1981

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by Phil Donahue

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Everything you need to know
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new best seller



Ann Landers:
The new rules
for marriage

Luscious
Cherries 'n'
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The 50 most
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Nice'n Easy
the shampoo-in hair color

with Lasting Touch*
unique-action conditioner



104 natural golden blonde

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McCALL PATTERNS
A
NORTON SIMON INC
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Sew Free From Nice'n Easy®



McCALL'S
FREE
Easy Fit·Easy SewTM
PATTERNS
from Nice'n Easy®



(SEE BACK FOR DETAILS)

Nice 'n Easy gives you
• beautiful color
• special conditioning
• and Now FREE

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SAVE 25¢
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It sells the most,
now it conditions the most

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the shampoo-in hair color

with Lasting Touch*
unique-action conditioner



25¢

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Shampoo-in Haircolor

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25¢

25¢

Coupon expires
December 31, 1981.

Clairol Inc.

FCT-2/81-NE

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Kankakee, Illinois 60901



Please send me the following McCall Easy Fit-Easy Sew™ Patterns: 1. Slacks 2. Skirt 3. Blazer 4. Blouse
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ADDRESS _____

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Offer void where prohibited, taxed or restricted. Please allow 6-8 weeks for delivery. Offer expires Dec. 31, 1981. Offer good only in U.S.A. and from APO/FPO box numbers. This offer not redeemable at your store. This certificate cannot be mechanically reproduced.

SAVE THIS PART FOR YOUR RECORDS

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Dear Customer, If you have complied with the terms of this offer, we gratefully accept and will do our best to fill it promptly. However, sometimes things go wrong despite our best efforts. If this happens, please accept our apology and address any inquiries about this offer to Clairol Inc., P.O. Box 9136, Kankakee, Illinois 60901. Please allow 6-8 weeks for delivery. This offer is not redeemable at your store.

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To order your patterns—1,2,3,4, or
all 5 see details on order form.

**Nice'n Easy® Shampoo-in Haircolor—
it sells the most, now it conditions
the most**

Woman's World

Edited by GERRI HIRSHY

A smug enterprise



YOU DON'T believe in moths. Not until one fine fall morning when you open a trunk, closet or storage bag only to find your woolens laced with dozens of tiny holes. And so you turn regrettfully to mothballs, and their cloying, unmistakable smell.

That was the dilemma of 32-year-old Laurie Prencipe, a Camden, Maine, resident who certainly needs her winter clothes. But then, snowbound one season, she paged through a copy of Culpepper's *Herbal*. In a section on herbs with moth-repellent properties, Laurie found the basis for Moth-Aways™, the cloth-covered, hand-blended mixture of herbs. With her partner, Marlene Pike, she has turned Moth-Aways into a successful cottage industry.

At first, Laurie and Marlene experimented for themselves, tying the herbs into small, sweet-smelling sachets. When their formula and its special bonding agent were perfected, they started selling the mixture to friends. "It snowballed," says Laurie of the three-year enterprise, which is now well in the black.

Sending their blend to a private Boston lab for testing (it was proven effective), the two women incorporated as Smug Harbor Enterprises and began marketing Moth-Aways to catalogs and stores. Today, they employ five women, who sew the mixture into sachets and hangers in their homes.

"They should last forever," says Laurie. "But you can tell if the moth-proofing ingredient is still active by squeezing. If you can smell a faint scent, it's okay."

Smug Harbor Enterprises has had its greatest sales in craft shops, where owners recommend tossing a few sachets into a workbasket or fabric storage drawer. Laurie and Marlene also use them as year-round linen fresheners and

underneath rugs—"unless you have cats. They love the smell!" And, they emphasize, "Besides avoiding that mothball odor, there is no danger from toxic chemicals. Part of the reason for the smell of mothballs is to warn that it is poisonous. Our product is not, so small children and pets can't be harmed."

Just one Moth-Aways hanger (\$7) will protect a garment bag for years; four sachets (\$6 for eight) will guard a large drawer. Moth-Aways are available throughout the country in department stores, gift shops and by catalog. For an outlet or catalog that services your area, write: Smug Harbor Enterprises, Inc., P.O. Box 214, Camden, Me. 04843.

—SUSAN TOEPFER

Help yourself handbook

WORKING EFFICIENTLY and profitably at home, the women of "Smug Harbor," above, are part of a growing national trend. For the first time in nearly 200 years, the United States is seeing an increase in the number of self-employed people. And many are women.

To help cope with setting up and managing their small businesses, Resources for Women, Inc., a California women's organization, has published "Establishing Your Business," a pithy, nuts-and-bolts guide. Based on the actual experiences of women in the Santa Cruz area, the handbook covers practical suggestions that apply nationwide. Of special note is a chapter titled "Cottage Industry: When the Office is Next to the Sink." "Establishing your Own Business: A Handbook for Women" is available for \$5 (including first-class postage) from Resources for Women, 104 Walnut Ave., Suite 212, Santa Cruz, Calif. 95060.

The harvest years

THOUGH SHE has a regular weekday job, any weekend may find Lillian Catania stooped in the California sun pulling up carrots amid the furrows of a Stockton farm, or filling a sack with onions in nearby Vacaville.

"I get tired and sore," says Lillian, "but I don't want to quit picking. Even as we walk back to the cars we keep bending over to pick a little more, to save a little more from being wasted."

Lillian is a member of Senior Gleaners, an enterprising group of senior citizens who gather surplus produce in California and distribute it to the sick, the elderly and the needy. Last year, with the combined efforts of its counterpart, Gleaners Statewide, the group saved over 800 tons of produce that would otherwise be left to rot, be plowed under or fed to hogs. Their take has included five tons of potatoes too gnarled to sell but still perfectly edible; tons of tomatoes at their peak of ripeness (and thus unsuited for the long truck trip to the East Coast market); and 25 tons of onions unacceptable simply because they were too large for hamburger buns!

Local farmers are more than delighted



Senior Gleaners pick and crate produce for distribution to the needy of the community. to have their fields cleared so thoroughly. And the Gleaners seem to provide an encouraging local solution to two national problems: hunger and waste.

Certainly with our huge agricultural surpluses, the U.S. has become known as the breadbasket of the world. Yet there are still hungry Americans; there is tremendous waste. Each year, about 60 million tons of food, worth \$5 billion, is lost during harvest, according to a report by the Government Accounting Office. It is estimated that in California alone, half a ton of produce a day never makes it to the marketplace because it is overripe, blemished or odd-sized.

These facts greatly distressed 78-year-old Homer Fahrner. He had worked with children's charities and, he says, "I saw hungry kids. Then I drove into the country and saw all the food lying on the ground." He also saw the difficulty many local senior citizens had in obtaining fresh produce they could afford.

"Well," he says, "somebody had to do it." So five years ago, Homer placed an ad in a local paper offering to start a group to deal with hunger; hundreds responded.

Today, the Senior Gleaners boast 1,600 members and serve 45 charities. More than 90% of the Gleaners To page 112



Don't take cookies
out of a bag.

Take Duncan Hines
out of the oven.



Tastes so mmm-much better! New Duncan Hines Cookie Mix.

Introducing new Duncan Hines® Cookie Mix. Open a box of new Duncan Hines Cookie Mix, and bake up much better tasting chocolate chip cookies than you ever got from a bag of leading store-bought cookies.

Simply add an egg to Duncan Hines' ingredients (including real chocolate chips) — for that fresh-from-the-oven, homemade taste your family'll love, and love you for! New Duncan Hines Cookie Mix. Try all five delicious flavors.



Better taste makes the difference.

Those staggering wintertime utility bills that have everyone hanging on the ropes are forcing us to find even more ways to save energy—and stay warm while we're at it...

KEEPING COZY

With thermostats turned even lower, you're better off wearing pants instead of skirts around the house. • Think of investing in some thin "woolly" or thermal underwear (you can pick some up at January sales prices right now)! • Encourage the whole family to dress in layers to retain body warmth, indoors and out. • If you don't like electric blankets and can't bear the thought of wearing flannel pajamas, then consider flannel sheets (they're on sale now, too), finally available in pretty pastels as well as white—in both fitted and flat styles. • Check around the house for heat leaks (see Watts What? below). • Keeping the little ones out of drafts is mandatory, so use tufted bumpers inside the baby's crib, and also in the playpen if you have toddlers. • Do a little mild exercise during the day to pep up your circulation and stimulate blood flow. • **Body Quilt:** Those quilted body wraps are awkward to store. Here's how to make one from the quilt you ordinarily keep on your bed. Sew three buttons inside one longer edge of a small bed quilt, and three elastic loops on the opposite edge. Wrap yourself in the quilt at the TV hour, buttoning it to encase your body and legs. Unbutton and put the quilt back on the bed at sleep time.

WATTS WHAT?

Here are some immediate ways to plug the heat leaks that are adding extra dollars to your monthly utility statements.

• Many houses lose heat through cracks and gaps where the walls of the house meet the foundation. To seal the perimeter of the house on the outside, and stop drafts behind loose baseboards on the inside, use urethane foam that comes in an aerosol can.* Also good for plugging holes around air conditioners.

• Buy an "overcoat" for your hot water heater. (It comes in a kit* and costs about \$20). In the average home the water heater is the second largest user of energy. Since most of them are poorly insulated, about 25% of the energy the tank uses is lost when heat escapes through its walls and top. So the warmer you keep the tank, the less energy it will take to keep the water hot.

• Install "inside storm windows" that you can make yourself. In spite of all the caulking and weather-stripping, every house has one or two windows that remain drafty (this is especially true of windows that crank open). Rigid clear styrene panels edged

Cashing In

on the next three weeks

JANUARY 1981

S	M	T	W	T	F	S
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FEBRUARY 1981

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8	9	10	11	12	13	14
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By ANNA MARIE DOHERTY

with vinyl moldings help prevent heat leakage (panels cover entire windows to the edges of the frame/sill, not just the glass). Available by the foot at hardware stores and home centers.

CHILL CHASERS

Staying warm depends on how you eat, too. It's still true—you shouldn't leave the house in the morning without something hot in your stomach! • Sip warm-up drinks during the day to keep the chill away. For a vitamin boost, heat up some cranberry juice or apple cider and stir with a cinnamon stick for super flavor. • Business firms are keeping the heat down too, so at the job use an electric pot for instant tea, coffee and soups. Leave a shawl at the office for those chilly Monday mornings. • At dinnertime, serve hot and hearty foods that aren't necessarily fattening. This Vegetable Stew, for instance:

Hearty Vegetable Stew (for four): Cut up soup greens, or, 2 potatoes, 3 carrots, 2 parsnips, 1 leek or yellow onion, a few branches celery with tops. Place in a soup pot (or crock pot) with 1½ teaspoons salt, ½ teaspoon pepper, 1 teaspoon thyme, lots of chopped parsley, 2 large cans stewed tomatoes, 2 cups water and a one-pound tray of lamb, beef or veal stew meat. Cook until meat is tender. Serve with big squares of cornbread or hot biscuits. Dessert: Hot poached pears with strawberry sauce (if you heat 3 tablespoons strawberry jam with one tablespoon water or liqueur you'll have enough sauce to drizzle over four pears).

WINTERTIME SKIN CARE

Cold windy weather can ruin the best complexions unless extra care is taken to protect your skin. At this time of year, moisturizers should be worn continually—during the night while you sleep, and during the day under your makeup (be sure the makeup contains a moisturizer too). And don't forget skin care for the rest of the family. Guys who spend a lot of time out-

doors should apply a sport cream that prevents drying and reddening. And tiny tots need the extra protection of medicated sticks that prevent lip chapping. When they come in from play be sure to inspect their hands (they're always losing their mittens) and rub a little hand cream into them, especially around knuckles where exposure causes little hairline cracks that can really hurt. If your eyes are sensitive, wear sunglasses with dark lenses to protect them from glare (and prevent unnecessary squint wrinkles).

FINANCIAL AID FOR STUDENTS

It is during January that college students (and older men and women who are going back to school) should apply for financial aid from the U.S. Education Department. Don't put this off! Five types of aid are available for the school year 7/1/81 through 6/30/82. In order of desirability they are: Two Pell Grants (BEOG and SEOG); the Work-Study program; and two loans (NDSL at 4% and GSL at 9%).

Here's the drill on how to apply:

1. Get a financial-aid application from school you are considering. Without it, student eligibility cannot be established.
2. Meanwhile, do your tax returns for 1980 (you get your W-2 this month).
3. Fill in aid form (you'll need the data on your tax return). Return to school no later than March 15 (or school's own deadline). Check box requesting this info be sent to Basic Grant Processing Center.
4. Student will receive eligibility number. If below 1600 you're sure to get money. It's never enough, but every penny helps. Tip: The professional financial-aid people I consulted asked me to urge all students to apply for aid, even if they have been turned down before, and especially if there is more than one family member in school. Changes regarding "need" are making more students eligible. You'll never know if you don't apply!
- **Free booklet:** "Five Financial Federal Aid Programs," Consumer Information Center, Dept. SG, Pueblo, Co 81009.

PICK OF THE CROP FOR THE NEXT THREE WEEKS

Fight colds with the Vitamin C abundant in the citrus fruits in season now—grapefruits (the heaviest ones have the most juice), oranges and tangerines. Bosc and D'Anjou pears, and apples in 3-pound bags are priced to go! Dig out your favorite recipes for green cabbage, eggplant and green peppers to jazz up winter menus. Yellow onions (in onion soup or quiche) and round white potatoes (home-fries are good with everything) fill in menu crevices at very low prices. ■



Announcing New Extra Strength Excedrin.[®]

Life got tougher. We got stronger.

It seems like life is tougher now than ever. And when the pressure's on, you can get some rotten headaches.

So it's good to know that Excedrin is even stronger now. A brand new formula that gives you unsurpassed strength with a combination of the two most powerful pain relievers you can buy. And then adds a third ingredient that may make them both work even harder on your headache. In new capsules and new tablets.

Nothing you can buy is stronger or works harder on your headache. Absolutely nothing.



RELIEF FROM CONSTIPATION WITHOUT SPASMS OR CRAMPS

If you suffer with spasms and cramps when you take a laxative, you're not getting the kind of relief you could get. The laxative you're taking may be too harsh.

The fact is, you don't have to suffer with spasms and cramps to get over constipation.

You can take Regutol.

Regutol Stool Softener contains the ingredient most prescribed by doctors for constipation. It makes elimination easier and more natural by softening dry, hard stools. And gently brings you back to "natural" regularity in 1 to 5 days.

So you get gentle, predictable relief. With no cramps or spasms.

Next time you need relief from constipation—get "natural" relief. Get Regutol.



REGUTOL
RELIEF WITHOUT SPASMS OR CRAMPS

Read and follow label directions. © Plough, Inc. 1980

Inside Our Family Circle

By ARTHUR HETTICH

Helpful tips from the pros—in this and every issue

IN THIS ISSUE we bring you ideas for living from the very top experts in many areas of interest—from money-wise Sylvia Porter to gardening wizard Elvin McDonald. Actually, we bring you the most professional advice and information in every issue, and in no subject is this more true than with health. All of our health articles are written and researched by professionals and checked by doctors and medical authorities. These articles receive the most gratifying response from our readers of any of the subjects we run. For example, Mrs. Alma Harvey of Baltimore, Md., recently wrote:

"I was reading your August 26 issue and came across *The Best Breast Examination*, by Albert Milan, M.D. I said to my friend, 'I have a breast that looks like that.' The next day I went to the doctor. Within another day I was in the hospital for an operation. I thought it only fair to write to you, as you may have saved my life."

We receive numerous letters along these lines, and many come in response to our column *Here's News in Medicine*, which Lawrence Galton has been writing for FAMILY CIRCLE for the past 20 years. Larry, who is at the very top of his profession of medical writing and with nearly 25 health books to his credit, culls the items for his column from professional journals, medical meetings and phone calls with university doctors. He looks for items that are new, practical and valid. His column is also unique because it gives you the professional source of an item, so that

readers can ask their doctors for more complete information. This is exactly what happened in the case of Mr. and Mrs. Gale Broyles of East Stone Gap, Va. Mrs. Broyles writes:

"I read an article in your *Here's News in Medicine* column which turned my husband's life around and gave him hope for the future. It concerned the use of electricity in the healing of fractures.

Thanks to your timely article, we consulted our family physician and the orthopedic doctor in charge of my husband's case about the possibility of the use of electric coils.

Consequently, he was referred to a doctor 600 miles from our home.

He has had the treatment and is now walking after seven years of disability (see picture).

I consider the finding of your article a Godsend. You see, I hadn't read your magazine before the month the article appeared, but I haven't missed an issue since!"



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"What have I got against wrinkles? New Moisture Whip Moisturizer." Lynda Carter



If you hate wrinkles as much as I do, you'll love new Moisture Whip Moisturizer by Maybelline. It helps prevent wrinkles from coming along too soon.

Unlike the leading moisturizers, new Moisture Whip is whipped up with creamy emollients plus a protective ingredient — Palmitate O. And it's dermatologist tested and fragrance free.

Used every day, Moisture Whip will protect you from dryness and too much sun. To help keep you from getting wrinkles too soon.

So if you hate wrinkles, try new Moisture Whip. The fewer wrinkles you get, the more beautiful you'll look.

Moisture Whip **Maybelline**

It's good for you to look beautiful.





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The new rules of the marriage game



Marriage 1981: The game's the same but the rules have changed—and so have our life-styles. The country's most widely read columnist reflects on what's taking place now—and what may lie ahead. **By Ann Landers**

Lately it's become necessary to invent words and phrases to keep pace with the rapid, sometimes mind-boggling alterations in life-styles. Five years ago readers began to ask me, "How do you introduce your daughter's live-in boyfriend—or son's live-in girlfriend?" Do you say, "Roommate?" "Special friend?" "Significant other?"

Yes, it's a different world out there, and as one who has closely witnessed the shifting of scenery over the past 25 years, I feel as if I'm sitting in the catbird seat. For my mail faithfully reflects what's happening at every economic, intellectual and social level. My readers tell me *everything*. I am the shoulder to cry on—the human wailing wall. The last hope, some say, "Because you don't know me and I don't have to look you in the eye and tell you what a mess I've made of things."

During the past two decades, more radical changes have occurred in our society than during the previous two

centuries. And I firmly believe that what has happened to marriage is one of the most revealing clues to where we are headed.

The matrimonial bond was once considered the cornerstone of civilized culture, the holiest of all commitments. Today some feel it is too confining—excess baggage—"unless you plan to have children." Furthermore, an increasing number of couples are opting *not* to have children because (1) they take the romance out of marriage, (2) cost too much money and (3) are a source of a lot of grief and not much pleasure. The naysayers point to the deeply troubled children of friends and relatives as proof that "It just isn't worth it."

When couples write to me and ask if they should have a family, I reply: "Children require a great deal of love, patience and putting up with. You must want them desperately if you're going to meet the challenge. And if you're so unsure that you have to

seek the opinion of a third party, my advice is, forget it."

Yet, despite the fact that marriage is considered by many to be "irrelevant," over one million couples got married last year—though, unfortunately, the same number were divorced. Another irony: More brides are insisting on traditional weddings, complete with bridesmaids and ushers, white gowns and veils, even though they may have been sharing living quarters with their "intended" for two or three years. A shop in California recently advertised "Maternity Bridal Gowns" and reported a land-office mail-order business!

Different? You bet! Four out of 10 couples who marry in 1981 will be telling it to the judge before 1988. And nearly half that number will be remarried within three years. What a triumph of hope over experience!

While today marriage is riskier than ever, couples are *To page 18*

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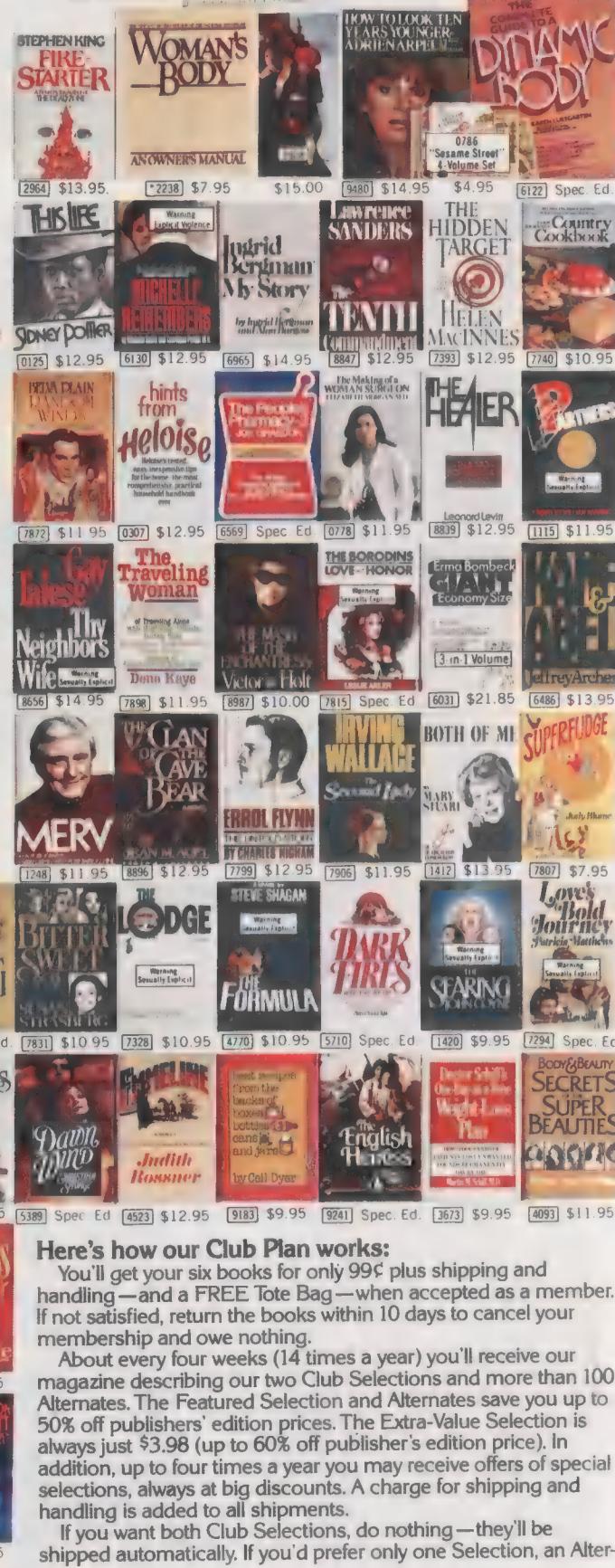
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NEW RULES OF MARRIAGE

From page 14

still willing, if not eager, to chance it. But the nature of the marital relationship is vastly different from that of their parents. The reasons are twofold—(1) economic and (2) the new morality, or lack of it, depending on your viewpoint.

According to the 1979 *Statistical Abstracts*, 41% of the work force consists of females. Why are so many women, both single and married—especially college graduates under 30—choosing the career route? I believe it's because they want their own identities and the satisfaction that comes with personal achievement. They are not content to settle for being "George's wife."

The majority of working women who have children, however, would rather stay at home, but can't afford it. Mrs. L. from Chicago writes, "The essentials are out of sight. The average family can't maintain a decent standard of living on one paycheck. It's back to work or move in with my folks."

Many women have written to tell me they bitterly resent the accusation that they are running away from their children because the job downtown is more glamorous. Mrs. X. from San Francisco writes, "I'd love to stay home but I can't. I hate knowing that the sitter will hear our little girl say her first word and watch her take her first step. But we desperately need my \$172 a week take-home pay. The price of basic grocery items found in every shopping cart these days is enough to make your eyeballs pop!"

Women in their 40s are taking refresher courses, brushing up on their typing and shorthand to go back to work. Mrs. G. from Long Island writes, "Next year we will have three children in college. There's no way we can send these kids to school on Bill's income."

According to the U.S. Census Bureau, for the first time since World War II more women than men are enrolled in American colleges. Laws banning discrimination against females, plus the pressure for additional education so they can compete for jobs, were cited as the major reasons by Jane Wells Schooley, vice president of the National Organization for Women.

The women's movement has made it abundantly clear that work knows no gender. When necessary, women have gone to court to file suit charging sex bias, and they have won. Today, a female can drive a 16-wheeler, be an airline pilot or enroll in the Military Academy at West Point. Last year, nearly one-third of the students at Harvard Medical School were female. The percentage was only slightly less at Harvard Law School.

The Women's Movement has benefited men as well. Males are going to Vassar, Wellesley and Smith these days. They are also becoming full-fledged nurses instead of "aides." Recently a male won a four-year court fight in Lansing, Mich., when the state Civil Rights' Commission ordered his case reopened. He wants to be a housemother in a women's dormitory.

Working wives have written a brand-

new book of rules. The fundamental concept comes through loud and clear: "Since we are helping bring home the bacon, we expect our husbands to help us fry it."

What do husbands have to say about this? Their responses are a mixed bag. The college-educated, under-30 male is usually cooperative. But older types, spoiled by chicken-soup mamas who waited on them and their fathers, resent being asked to "start supper and feed the kids if I'm not home by 6:30 P.M." These chauvinists, who think it is their God-given right to sit in front of the TV with a six-pack when they get home from work, know better than to write to me to complain.

I do hear from their wives, however. These women want Ann Landers to come right out and tell them that the husband of a working wife has an obligation to get off his duff and help with the housework, cooking, marketing, laundry and the children. Needless to say, I back them to the hilt. Even the most dimwitted clod should have noticed that by now American family life has undergone a metamorphosis that has made male and female roles almost interchangeable. I tell them to wake up and smell the coffee.

Another interesting transformation in the 1981 game plan reaches into the third generation. Once upon a time, Grandma was available on a moment's notice to sit with the kids or take charge for a weekend if Mom and Dad wanted to get away. No more. "Grandma" is 61 years of age. She looks 45, is divorced, has a job selling real estate and spends her weekends with a retired banker whose wife died three years ago.

Have all these changes improved the quality of American family life—or have they made it worse? Have they helped strengthen the family unit or have they weakened it? I cannot answer this in the abstract, because every family is different.

The feedback I get from my readers indicates that, in many instances, the two-paycheck life-style has accomplished something quite remarkable. It has made marriage an equal partnership. No longer is Dad excused from answering the children's tiresome questions or helping with the homework because he's had "a hard day at the office." Mom's had a hard day too. She teaches sixth-grade English in a tough neighborhood and is just as tired as he is.

This letter from Columbus, Ohio, tells it far better than I could:

"Dear Ann Landers: I'm not writing about a problem. I just want to tell a few million people what a healthy thing it can be for the whole family when the wife is forced to take a job outside the home."

"My husband and I are both in our middle 30s. We have three boys, 10, eight and seven years of age. When they were babies, Jim never lifted a hand to help with the kids. Fortunately, my mother lived next door. Without her help, I would have wound up in the loony bin. To be fair, it wasn't all Jim's fault. He worked hard at his job and it

never occurred to me to ask him to give me a hand with the kids.

"Two years ago when our youngest son started kindergarten, Jim and I talked it over and decided the only way we could keep up the mortgage payments, buy groceries and pay the heating bills was for me to go back to work. I'd been an assistant office manager in an insurance company and made good money. When I became pregnant, I quit working, but was told I could have my job back any time.

"Today I can honestly say, Ann, that my going back to work was the best thing that could have happened to our family. Circumstances have forced Jim to get to know his sons. Also, he has a better understanding of what it's like to keep house and raise children, because he's doing it right along with me. Jim and I are closer now than we've ever been. And, oh yes, the kids are terrific about pitching in. They've really shaped up since I've had to go to

work. I'm signing this, It Happened in Columbus."

It's happening, not only in Columbus, but all over the North American continent. Fathers are spending more time with their children. And children are obliged to do a great many things for themselves that used to be done for them. When it rains, very few Moms are running to school these days with umbrellas and sweaters. Mom is working at the tire factory and Junior knows he must get home on his own, even if he has to tread water.

Lest you get the notion that all two-paycheck families are happy as those clams in Columbus, let me assure you that such is not the case. One reason for the sharp increase in the divorce rate is that many married women who reenter the work force suddenly find themselves in daily contact with men who are attractive and interesting.

It is not uncommon for an innocent business relationship to develop into a

full-blown affair. I would not hesitate to say that at least half the divorces that have taken place in the past seven years were "work-related." Either the wife met someone at her place of employment, or her husband did.

Somewhere between the lines of the New Rules For Marriage, scribbled in shaky penmanship, is a disclaimer of the promise "to forsake all others." I'm not talking about those dingbats who declare that theirs is an "open marriage." I'm talking about reasonably sane, respectable people.

A recent survey of 106,000 women readers of a popular magazine revealed that 54% of the married women said they had had extramarital affairs. The same percentage said they had made love adulterously on their lunch hour at least once.

As we head into the 1980s, we are bound to see more casual sexual involvement among the young and an increase in extramarital

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Get fiber into more foods your family will like. Like Tomato Chicken Pilaf.



Tomato Chicken Pilaf

1 can (3 oz.) sliced mushrooms, drained, reserving liquid
1/2 cup chopped onions
1 small clove garlic, chopped
2 tablespoons vegetable oil
3/4 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal

In large frypan, cook drained mushrooms, onions and garlic in oil until lightly browned. Stir in reserved mushroom liquid and remaining ingredients, cutting tomatoes into pieces. Bring to boil. Reduce heat, cover tightly and simmer about 30 minutes or until rice is tender.

YIELD: 5 servings.

Variations: In place of the ALL-BRAN cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal or 1 1/2 cups KELLOGG'S® CRACKLIN' BRAN® cereal.

2 cups cut-up cooked chicken
1/3 cup uncooked regular rice
1/2 teaspoon salt
Dash pepper
1/4 teaspoon leaf thyme
1 can (28 oz.) whole peeled tomatoes

Kellogg's

The high-fiber cereals.



Sylvia Porter's Money Dictionary

Do you know that the best deal on a savings account is one that pays the highest annual interest rate, compounded daily and paid from day-of-deposit to day-of-withdrawal? Or that when your broker refers to a "load," she's talking about a sales charge? Whether you're banking or borrowing, or investing in stocks and bonds, it helps to understand the jargon. From now on, let this easy-to-read dictionary of money terms be your guide.

Banking and Borrowing

Annual Percentage Rate.

The annual percentage rate (APR) is the key yardstick by which you should measure and compare the costs of all types of credit. With this figure, you can compare financial terms offered by competing lenders.

Assets. Everything you own that has monetary worth.

Balance. The amount you owe on an account or loan at any given time.

Carrying Charge. The charge you pay a store or any other lender for the privilege of having a period of time in which to pay for the goods or services you have already bought and which you may use in advance of payment.

Closing Date. The day of the month on which credit accounts and monthly bills are calculated. Payments made after the closing date will not show on the bill you receive until the following month, when the next closing date will show subsequent payments, charges and returns.

Collateral. Anything of value that you have against which you may borrow money. If you fail to repay your loan, the lender can take possession of whatever you have put up as collateral. *Note:* Not all loans must be secured by collateral.

Consolidate. To bring together several financial obligations under one agreement, contract, note or loan.

Credit Life Insurance. A type of term life insurance policy, required by some lenders, which pays off a loan in the event of the borrower's death. Rates for such insurance are often exorbitant. If a merchant or bank insists on making credit life



Note. A written, signed promise to pay. It lists details of the repayment agreement: where, when and what size installments, etc. A note can be transferred to a third party.

"NOW" Checking Accounts. NOW, or negotiable versions of withdrawal accounts, are interest-bearing checking accounts. (As of January 1, 1981, all state banking institutions can offer NOW checking accounts.)

Prepayment Privilege.

The privilege, stated in a loan contract, of repaying part or all of a loan in advance of the date or dates stated in the contract - with or without monetary penalty.

Principal. The amount of money you borrow or the amount of credit you receive.

Right of Rescission. Your right, guaranteed by the Consumer Credit Protection Act or various state statutes, to cancel a contract under certain circumstances within three business days - without penalty and with full refund of any deposits you may have paid.

Title.

Truth in Lending. Popular name for the historic Consumer Credit Protection Act of 1969. The law applies to virtually all consumer borrowing transactions by individuals for amounts up to \$25,000.

Wage Garnishment. Under "income execution" (its other name), a creditor gets a court order instructing the employer of the debtor to withhold a specified portion of the employee's wages until his or her debt is repaid.

Stocks

Averages. Yardsticks for measuring broad trends in stock prices. The best known is the Dow Jones average of the prices of 30 outstanding industrial stocks listed on the New York Stock Exchange. Other widely used market indicators, known as indexes, are issued by Standard & Poor's and the New York Stock Exchange.

Bear. An investor who thinks that a stock's price, or the market, is sharply declining.

Blue Chips. Stocks which, like their poker-chip counterparts, have the highest "rank."

Broker. An agent, partnership or corporation that *To page 42*



ALEX GOTERO

SYLVIA PORTER, a nationally recognized authority on financial matters, has been named by the "World Almanac" as one of "America's 11 most influential women." She writes a daily column, which appears in more than 400 newspapers, and is the author of seven books.

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

Salem Lights



Low tar. High country taste.
Above all in refreshment.

LIGHTS 9 0.7 mg. nicotine per cigarette by FTC method
LIGHTS 11 1.1 mg. nicotine av. per cigarette, 110 mm. long

LOW TAR AND NICOTINE

SEND
US YOUR
FAVORITE
BUDGET
RECIPE

ENTER FAMILY CIRCLE'S

1981 THRIFTY CHEF RECIPE CONTEST

Win a TWA Getaway® Vacation for 4
to England, Wales
& SCOTLAND!



GRAND PRIZE: Cook your way to a fabulous nine-day TWA Getaway® Vacation for four people. Start out in exciting London, then travel into the lovely English countryside and up through colorful Wales en route to glorious Edinburgh. Feast on 2,000 years' worth of British pageantry, history and scenic splendor, plus the incomparable nightlife of England's capital city!

7 FIRST PRIZES:



MIRRO's professional quality nine-piece Classic Chefware set featuring a handsome super-hard anodized surface inside and out for even-heating, made of heavy-weight aluminum with oven-proof chrome-plated handles and snug-fitting covers.

7 SECOND PRIZES:



MIRRO's "Electric Works" collection of appliances including a versatile tabletop broiler, large party-size percolator, four-quart popcorn popper, handy nine-cup percolator, and eleven-inch fry pan lined with Silverstone®. All looking as great as they work with an attractive almond color finish.

7 THIRD PRIZES:



The multi-purpose MIRRO "Eggory" electric appliance for making perfectly cooked omelets, plus sandwiches, burgers, other egg dishes, even pineapple upside-down cake!

and 1,000 EARLY BIRD PRIZES!

If yours is one of the first 1,000 qualified entries received, we'll send you the new FAMILY CIRCLE Great Ideas book, "Quick & Thrifty Meals."

TO ENTER: Send us your recipe for a thrifty, taste-pleasing dish that saves the most of what everyone has the least of these days: money, time and energy. Enter as many recipes as you wish. One of them might send you on a dream vacation for four to Great Britain! Follow the directions given in the FAMILY CIRCLE 1981 Thrifty Chef Recipe Contest Rules. Be sure to use a participating advertiser's product in every entry. And good luck to ye!

PARTICIPATING ADVERTISERS:

- Bama Pie Shells
- Bumble Bee® Tuna
- Dole® Pineapple
- Heinz 57 Sauce
- Sue Bee® Honey
- Veg-All® Mixed Vegetables
- Wesson® Oil



FOLLOW THESE CONTEST RULES. To qualify, entrants must comply with the following contest rules:

1. Every recipe entered must include as an ingredient at least one of the following participating advertiser's products:

• Bama Pie Shells • Bumble Bee® Tuna • Dole® Pineapple • Heinz 57 Sauce • Sue Bee® Honey • Veg-All® Mixed Vegetables • Wesson® Oil

If your recipe contains two or more of these products as ingredients, submit a separate entry for each.

2. Every entry must be accompanied by proof of purchase for the product specified, attached to the back of the entry. Proof of purchase is defined for this contest as the portion of the product package or label showing product name and the Universal Product Code (UPC) seal. If there is no label to remove, submit store receipt for product purchase with specified product price circled, write the name of the product on the receipt, and copy the number from the UPC seal from the product onto the back of the receipt. (Example of UPC: 111111).

3. Entries must be typed or printed by hand clearly and neatly on one or more sheets of 8½" x 11" paper. Your name, address and daytime telephone number with area code should appear in the upper right corner of each page. The name of the selected participating product should appear in the upper left corner of each page.

4. Enter as often as you wish, but only one of your entries may qualify you as a winner. More than one entry may be enclosed in a single envelope, but each entry must comply with the form given above. Write the participating product name(s) on the back of the envelope.

5. All recipe ingredients must be generally available in stores. Specify amounts of every ingredient by exact level measurement, weight or size. Include complete directions for preparation, cooking time and temperature, and required cookware, and state number of servings recipe provides.

6. Entries will be judged by professional home economists on originality, appetite appeal, low cost, and ease of preparation. Decisions of the judges will be final. No entries will be returned or acknowledged, and no correspondence will be entered into by the judges.

7. First, Second and Third Prize winners will be chosen for each of the 7 advertised products listed above. The best-of-contest Grand Prize winner will be selected from among the 7 First Prize winners. Early Bird Prizes will be awarded in the first 1,000 entries received at the contest mailing address given below. There will be no substitutions made for the prizes as described.

8. Entries must be postmarked by March 13, 1981, and received in the contest mailing address no later than March 20, 1981. Winners will be notified by June 30, 1981. Grand Prize trip must be taken by June 30, 1982.

9. Any resident of the U.S.A. or Canada may enter, except employees or immediate family members of employees of participating advertisers, or of The Family Circle, Inc., their advertising agencies or affiliated companies. All entrants must be 18 years old or over by March 13, 1981. Void where prohibited by law. Any taxes applicable to prizes are the sole responsibility of the winners.

10. Each winner grants all right of reproduction of his or her winning entry to The Family Circle, Inc., and its designees, and consents to the use of his or her name and likeness to be used in connection with announcement of winners or the publishing of any winning recipes. Each winner must sign a release and an affidavit that all contest rules have been complied with.

11. A list of the winners' names will be sent to those who submit a written request for same and a stamped, self-addressed #10 envelope after June 30, 1981 to: Thrifty Chef Dept., Family Circle Magazine, 488 Madison Avenue, New York, N.Y. 10022. Do not send contest entries to that address.

MAIL CONTEST ENTRIES TO: FAMILY CIRCLE's Thrifty Chef Recipe Contest, P.O. Box 700, Blairstown, N.J. 07860.

SAVE 25¢ AND DO A LITTLE NUMBER ON YOUR CHICKEN.



Only one number can do so much for so many chicken recipes.

Lively Heinz 57. It creates as many different, exciting flavors as there are ways to fix chicken.

Try adding some to your favorite dishes, or try the special recipes on the bottle.

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CHICKEN PARMESAN

2 to 2½ pounds broiler-fryer pieces, ¼ cup all-purpose flour, 1¼ teaspoons salt, ¼ teaspoon pepper, 3 tablespoons shortening, 1 can (1 pound) tomatoes, cut up, 1½ cup Heinz 57 Sauce, ½ cup grated Parmesan cheese, 1 tablespoon sugar, ¼ teaspoon oregano leaves, crushed, ¼ pound sliced mozzarella cheese, cut into strips.

Coat chicken with mixture of flour, salt and pepper; brown well in shortening. Place chicken in baking dish (12" x 7½" x 2"). Blend any remaining flour mixture with tomatoes and next 4 ingredients; pour over chicken. Cover; bake in 350°F. oven, 30 minutes. Remove cover; top with cheese. Bake, uncovered, 25-30 minutes longer or until chicken is tender. Skim excess fat from sauce. Serve sauce over chicken and hot noodles.

Makes 4-5 servings (about 2 cups sauce).



CHICKEN CORDON BLEU

3 large chicken breasts, split, skinned, boned, Salt, 6 thin slices lean baked ham, 6 ounces Swiss cheese, cut into 6 sticks, ¼ cup all-purpose flour, 3 tablespoons butter or margarine, 1 can (3-4 ounces) mushrooms, ½ cup water, ½ cup dry white wine, ¼ cup Heinz 57 Sauce.

Place chicken breasts, boned side up, on board. With meat mallet, lightly pound each to ¼" thickness. Season with salt. Place a ham slice and a cheese stick on each breast. Tuck in the sides; roll, jelly-roll fashion, pressing to seal; tie securely. Coat rolls with flour; lightly brown in butter. Place rolls in baking dish (10" x 6" x 1½"). In same skillet, stir in mushrooms and next 3 ingredients. Heat; pour over chicken. Cover; bake in 350°F. oven, 1 hour or until tender. Thicken sauce, if desired. Serve with rice. Makes 6 servings.



For more recipes, write H.J. Heinz Co., P.O. Box 28, D100, Pittsburgh, PA 15230.

25¢ HERE'S 25¢ TO DO A LITTLE NUMBER. 25¢

25¢ off on
Heinz 57 Sauce.
Good on
all sizes.

Dealer: Send this coupon after redemption to H.J. Heinz Company, P.O. Box 1685, Elm City, N.C. 27898, for reimbursement plus 7¢ handling. Invoices proving purchase of sufficient stock of Heinz 57 Sauce to cover



coupons presented must be shown upon request. Failure to do so will void all coupons. Coupons nontransferable. Sales tax must be paid by customer. Void wherever prohibited, taxed or restricted. Offer limited to one coupon per purchase. GOOD ON ANY SIZE BOTTLE OF HEINZ 57 SAUCE (ANY OTHER USE CONSTITUTES FRAUD). OFFER EXPIRES DECEMBER 31, 1981.

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STORE COUPON
THRIFTY CHEF
RECIPE CONTEST

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From
**Iowa State
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Low-cost
(34¢ to 75¢)

Main Dishes
That Really
Taste Great

Turning out meals that are tasty, nutritious and inexpensive is a big order, but the people behind the Expanded Food and Nutrition Program at Iowa State University have been doing it for years. Aides trained by the program use specially developed recipes to teach low-income homemakers how to feed their families healthfully, without going over their budgets. For instance, the Meatloaf and Macaroni Squares pictured (top) combines two popular dishes to stretch high-priced meat. The Pizza Loaf and Hamburger-Bean Pie are equally delicious and low-cost. Recipes, see page 26.



**Dole® Pineapple in its own juice - no sugar added.
Its sweet, tingling flavor goes with everything.
Especially your imagination.**



THRIFTY CHEF
RECIPE CONTEST



Packed with water. Not calories.



Bumble Bee® Tuna packed in water has 50% less calories than regular tuna packed in oil. That can make a big difference, especially if you're watching your weight.

But the really nice thing about cutting calories with Bumble Bee is it doesn't taste like you're cutting calories. It has all the delicious taste you expect from Bumble Bee.

Bumble Bee Tuna packed in water. It makes cutting calories easier to swallow.

Bumble Bee is a registered trademark of Castle & Cooke, Inc.

LOW-COST MAIN DISHES Shown on page 24

NOTE: Recipes are coded as follows:

- Company Dish
- Money-Saving Recipe
- Quick & Easy Recipe
- Low-Calorie Recipe

MEATLOAF AND MACARONI (Betty Hindes, Decatur County)

Bake at 350° for 50 minutes.
Makes 6 servings at 75¢ each.

1½ pounds ground chuck
 ½ cup packaged bread crumbs
 ¾ cup evaporated milk
 1 teaspoon salt
 ¼ teaspoon pepper

½ cup chopped celery
 1 medium-size onion, chopped
 (½ cup)
 Macaroni and Cheese
 (recipe follows)

1. Combine beef, bread crumbs, milk, salt, pepper, celery and onion in a large bowl; mix well. Press mixture into a greased 8x8x2-inch baking pan.
2. Bake in a moderate oven (350°) for 40 minutes.
3. While meatloaf bakes, prepare Macaroni and Cheese.
4. Top baked meatloaf with Macaroni and Cheese; return to oven; bake 10 minutes longer. Cut into squares to serve.

MACARONI AND CHEESE: Cook 1½ cups elbow macaroni following label directions. Drain; return to saucepan. Stir in 1 tablespoon margarine, 1 tablespoon flour, ¼ teaspoon salt and ¼ teaspoon pepper; heat until margarine is melted. Beat 1 egg and ¾ cup evaporated milk in a small bowl

until well mixed; add to macaroni. Cook, stirring constantly, until mixture is thickened. Stir in ¾ cup shredded pasteurized process American cheese until melted.

PIZZA LOAF

(Joyce Bulen and Nadine Martin, Linn County)

Bake at 350° for 30 minutes.
Makes 6 servings at 71¢ each.

1 loaf (1 pound) frozen bread dough, thawed
 1 pound ground pork
 ¼ cup sliced mushrooms (optional)
 1 medium-size onion, minced
 (½ cup)
 1 teaspoon salt
 ¼ teaspoon pepper
 1 can (8 ounces) tomato sauce
 1 teaspoon paprika
 ½ teaspoon leaf oregano, crumbled
 ½ teaspoon garlic salt
 ¼ pound Cheddar cheese, shredded
 (1 cup)
 ¾ cup shredded mozzarella cheese
 2 tablespoons butter, melted

1. Let loaf of thawed dough rise, following label directions.
2. Prepare filling: Cook pork with mushrooms, if using, onion, salt and pepper in a large skillet until no pink remains in pork. Drain off excess fat.
3. Stir in tomato sauce, paprika, oregano and garlic salt. Bring to boiling; lower heat; cover. Simmer 30 minutes, stirring occasionally; cool.
4. Punch dough down; roll out on floured surface to a 15x12-inch rectangle. Lift dough to a greased large cookie sheet. Spoon meat filling down center third of dough; sprinkle filling with cheeses.
5. Make diagonal cuts in dough, 1½ inches apart, down each side, cutting to within ½ inch of filling. Criss-cross strips of dough over filling, pressing down and sealing with a drop of water. Brush top of loaf with melted butter.
6. Bake in a moderate oven (350°) for 30 minutes or until golden brown. Cut in thick slices to serve.

HAMBURGER-BEAN PIE (Bard Larsen, Woodbury County)

Bake at 425° for 15 minutes.
Makes 4 servings at 74¢ each.

1 pound ground chuck
 1 small onion, chopped (¼ cup)
 1 teaspoon salt
 ¼ teaspoon pepper
 1 can (16 ounces) cut green beans, drained
 1 can condensed tomato soup
 1 cup buttermilk baking mix
 ¼ cup water

1. Preheat oven to hot (425°). Cook beef and onion in a large skillet until no pink remains in meat and onion is tender. Stir in salt, pepper, beans and soup. Heat to boiling, stirring occasionally. Spoon into ungreased 1½-quart baking dish. Put dish in oven to keep warm while you prepare topping.
2. Stir baking mix and water in a small bowl until a soft dough forms. Turn dough out onto floured surface; knead 5 times. Roll or pat dough to fit top of baking dish. Cut into ½-inch wide strips. Place dough on hot meat mixture in a lattice design.
3. Bake in preheated hot oven (425°) for 15 minutes or until topping is golden brown and filling is bubbly.

C OVEN CHEESE FONDUE (Ernesta Johnson, Polk County)

Bake at 325° for 1 hour. Makes 8 servings at 34¢ each.

10 slices white bread	1 teaspoon dry mustard
6 eggs	1 teaspoon salt
3 cups milk	½ pound sharp pasteurized process American cheese, shredded
2 tablespoons chopped parsley	1 small onion, minced (¼ cup)
OR: 2 tablespoons parsley flakes	

1. Preheat oven to slow (325°). Remove crusts from bread; cut bread into cubes.
2. Beat eggs in a large bowl just until frothy. Add milk, parsley, mustard and salt; beat until well mixed. Stir in bread cubes, cheese and onion. Pour into ungreased 11x7-inch baking dish.
3. Bake, uncovered, in preheated slow oven (325°) for 1 hour or until center is set. Serve at once.

Note: You can add up to 1 cup diced leftover ham or bacon, when adding cheese.

C CALICO BEANS (Deborah Brown, Dubuque County)

Bake at 350° for 40 minutes. Makes 8 servings at 63¢ each.

6 slices bacon	1 teaspoon dry mustard
½ pound ground chuck	2 teaspoons vinegar
1 medium-size onion, chopped (½ cup)	1 can (16 ounces) pork and beans
½ cup catsup	1 can (16 ounces) kidney beans
1 teaspoon salt	1 can (16 ounces) lima or butter beans
¾ cup firmly packed brown sugar	

1. Cook bacon in a large skillet until crisp; remove to paper towel-ing to drain; crumble.
2. Cook beef in fat remaining in skillet until no pink remains. Add onion; sauté just until tender.
3. Combine beef, onion, catsup, salt, brown sugar, mustard and vinegar in a 3-quart baking dish. Partially drain all the beans; add to baking dish, stirring gently to mix. Sprinkle with bacon.
4. Bake in a moderate oven (350°) for 40 minutes.

C CHICKEN CASSEROLE (Suzanne Boldt, Tama County)

Bake at 325° for 1 hour. Makes 6 servings at 62¢ each.

8 slices or heels of bread	2 eggs
2 cups diced cooked chicken	1½ cups milk (may use liquified dry milk)
1 small onion, chopped (¼ cup)	1 can condensed cream of chicken soup
½ cup chopped celery	¼ pound pasteurized process American cheese, shredded (1 cup)
½ cup mayonnaise	
½ teaspoon salt	
½ teaspoon pepper	

1. Cube 2 slices of bread; place in a greased 11x7-inch baking dish.
2. Combine chicken, onion, celery, mayonnaise, salt and pepper in a medium-size bowl; spoon over cubed bread. Top with re-maining bread slices.
3. Beat eggs lightly with milk in a small bowl; pour over chicken and bread. Cover; refrigerate 4 hours or overnight. Spoon soup evenly over bread; sprinkle with cheese; cover.
4. Bake in a slow oven (325°) for 1 hour. Let stand, covered, for 5 minutes before serving.

MOM'S SPECIAL SANDWICH (Suzanne Boldt)

Bake at 350° for 15 minutes. Makes 6 servings at 69¢ each.

1 loaf (about 1 pound) French bread	1 pound ground chuck
1 tablespoon mustard	½ cup catsup
1 can condensed chicken gumbo soup	¼ teaspoon garlic salt

4 slices pasteurized process American cheese

1. Cut bread in half lengthwise; hollow out both halves slightly. Preheat oven to moderate (350°).
2. Cook beef in a large skillet until no pink remains. Add catsup, mustard, soup and garlic salt. Bring to boiling; lower heat; simmer 5 minutes.
3. Spoon beef mixture into hollow of one bread half. Cut cheese slices in half; cover filling with slices; top with other half of bread. Wrap loaf in foil.
4. Bake in a preheated moderate oven (350°) for 15 minutes. Cut into 2-inch slices to serve.

Such Crust!



See what you can do with Bama Pie Shells.

Here's a challenge to you... to fill Bama Pie Shells with your own concoctions. Bama's got the crust for you to fill. Flaky, tender and tasty when baked. Bama's done the tedious task of making crust, so you can concentrate on filling 'em with whatever you can come up with — puddings, pie fillings, fresh fruits, meat dishes, quiches. Be creative. Make something special with Bama Pie Shells — in 8 Pak tart size or 2 Pak full 9 inch shells. Enter the Family Circle Thrifty Chef Contest with your filling — in Bama Pie Shells.



Try Bama Party Pak Pecan Pies, too. Delicious! A low cost special treat. Be careful with 'em! They're about half nuts!

THRIFTY CHEF RECIPE CONTEST

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Wesson® Oil.

Chicken fried in Wesson Oil tastes light and delicate outside, moist and juicy inside.

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Wesson. The secret of great-tasting chicken.



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COOKING OIL

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50 FREEBIES FROM EXPERTS

From page 12

traffic-accident victims, including instructions on artificial respiration and how to stop the bleeding. To get it, write and send a SASE to The American Trauma Society, 875 North Michigan Ave., Suite 3010, Chicago, Ill. 60611.

Successful Jogging. If you're considering putting on your running shoes or there's already a jogger in your house, send for this special-issue newspaper. It's filled with interesting tips and guidelines for beginning and maintaining a jogging and exercise program. Get one copy free with a SASE from The National Jogging Association, 919 18th St., N.W., Suite 830, Washington, D.C. 20006.

Fact or Fancy. All the latest information on women and smoking is featured in this fact-filled 54-page booklet. Get your free copy with a SASE from The Tobacco Institute, 1875 Eye St., N.W., Washington, D.C. 20006.

Heart-Saver Eating Style. Lots of things can break a heart, but it shouldn't be your diet. This health-care booklet discusses nutrition principles required for a healthy heart and includes a guide to cholesterol contents of foods and tips for grocery shopping. Send your request and a SASE to Chicago Heart Association, 20 North Wacker Dr., Chicago, Ill. 60606.

How to Become a Wise Dental Consumer. Knowledge is your best tool for reducing future family dental bills. This 15-page booklet tells you how to select a dentist, reduce dental bills and care for your teeth. To receive a copy, mail your request and a SASE to American Dental Association, 211 East Chicago Ave., Chicago, Ill. 60611.

When You Breastfeed Your Baby. The nursing mother will want to send for these two helpful brochures, which offer up-to-date information on feeding routines in the hospital and at home, along with health tips for baby and mother. To get them both, send 35¢ and a SASE to La Leche League International, 9616 Minneapolis Ave., Franklin Park, Ill. 60131.

Understanding Your Prescription. By reading this informative booklet, you can avoid the common mistakes people make when taking prescription medication. Available in both Spanish and English, it's free when you mail your request and a SASE to American Society of Hospital Pharmacists, Publication Dept., 4630 Montgomery Ave., Washington, D.C. 20014.

10 Questions You Should Ask Before Going to the Hospital. As hospital-care costs continue to soar, more and more consumers are looking for ways to save money. This folder offers some timely tips. Send your request and a SASE to Texas Hospital Association, P.O. Box 15587, Austin, Tex. 78761.

Thinking About a Nursing Home? The decision to place a relative in a nursing home is often a difficult one. This special guide can help you select the right facility. It includes a 40-point checklist and sources for more information. Send your request and a SASE to Amer-

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SUE BEE® adds no artificial or synthetic ingredients!

Try Sue Bee Honey instead of sugar in your favorite recipes. It's easy:

Just use Sue Bee Honey, cup for cup, in place of the sugar called for. Then, reduce the liquid by a quarter cup for every cup of honey used to replace sugar.

In baked goods ... add 1/2 teaspoon of baking soda to the recipe for every cup of honey substituted and bake at a temperature 25°F. lower than instructions call for.

Made with honey, baked goods are more tender and have a remarkable "keeping" quality. Desserts, breads, cookies, and cakes will stay moist and delicious.

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Natural
Pure
Honey



Also try Sue Bee Spun Creme, Sue Bee in a no-drip dispenser, and Aunt Sue's Raw Honey.



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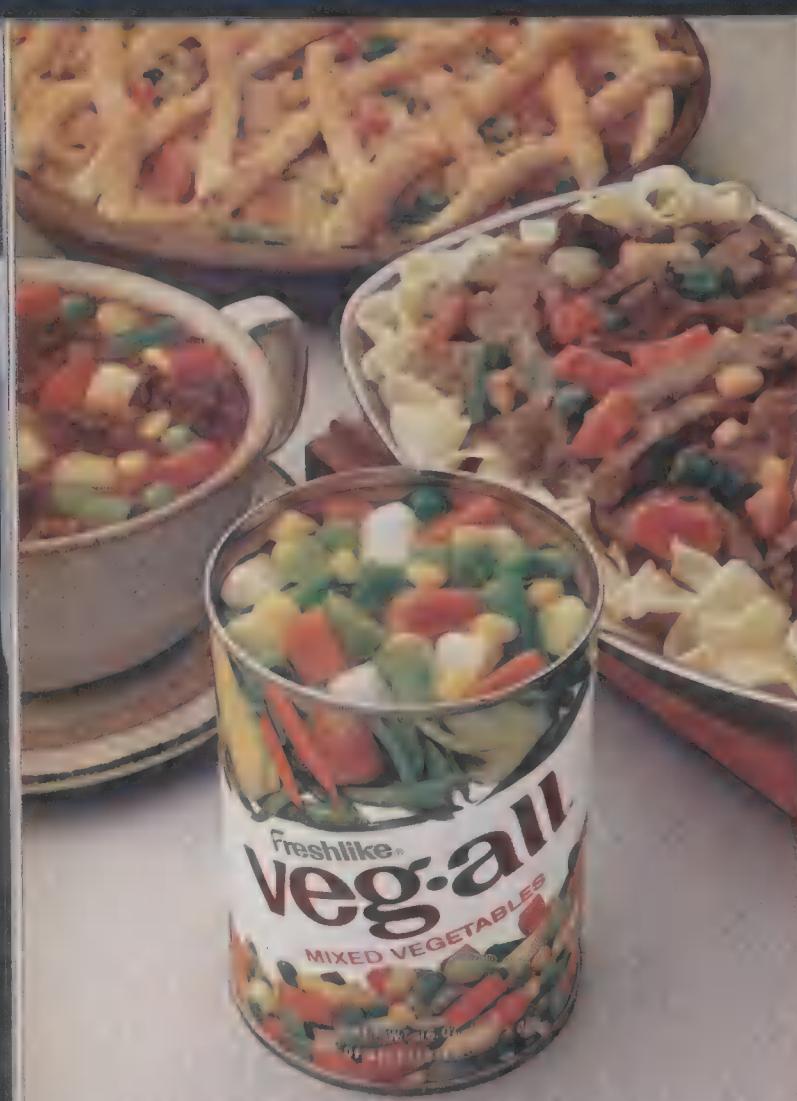
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	2 tbsp. milk	1 cup beef broth
1 deep dish pie crust	1/2 tsp. salt	1/4 tsp. Tabasco pepper sauce
1 lb. ground beef		
1 cup grated cheddar cheese	2 tbsp. butter	

Brown Sauce:

Prepare brown sauce base by browning flour in melted butter, stirring constantly. Stir in broth and Tabasco sauce. Simmer, stirring constantly until sauce thickens and comes to a boil. Add Veg-All (drained), browned ground beef (drained) and salt to brown sauce. Mix well. Pierce one deep dish pie crust with fork in several places and bake at 400° for 5 minutes. Pour meat mixture into pie crust. Mix together grated cheddar cheese, egg and milk. Pour over meat mixture in pie plate. Bake 15 minutes at 400°, or until cheese topping is lightly browned. Serves 6-8.

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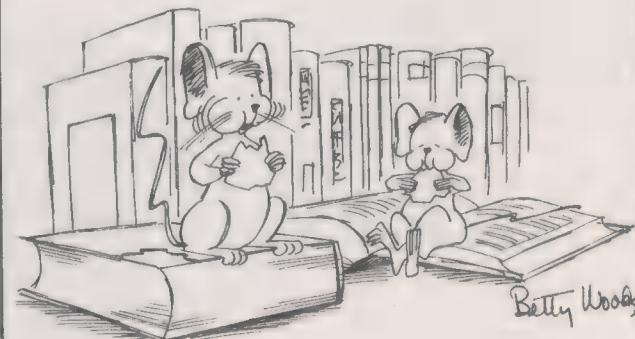
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THE COVENANT

This touching love story of a very special woman and the man who deserves her is an excerpt from the highly praised best seller

By JAMES A. MICHENER



Her fiancé was imprisoned and unjustly sentenced to death, and so Maud Turner went to the only man who could save him—to plead for her lover's life.

JERRY CABLE

EDITOR'S NOTE:

The time is the early 1890s, and young Frank Saltwood has just returned to his home in South Africa after graduating from Oxford University in England. At Oxford he'd met a strange man named Cecil J. Rhodes, an ambitious, self-made diamond millionaire.

"Come to work for me," he told Frank. But Frank wasn't sure. The work would be interesting, adventurous and well-paying, but Rhodes had one unusual and unbreakable rule—the men who worked for him could never marry.

When the ship docked at Port Elizabeth, Frank headed immediately north for his family's farm, and he supposed that he would never again see Cecil J. Rhodes, but one afternoon as he and his parents sat at tea on a veranda overlooking the pastures and the stream, a dusty cart clattered up to the gate, and Mr. Rhodes strode up to the porch. After the most perfunctory acknowledgment of Frank's parents, he asked bluntly, "Well, Saltwood, are you prepared to come with me?"

"I haven't really..."

Frank tried to avoid a harsh answer that would send Mr. Rhodes away permanently, but

once he vacillated, Rhodes sprang at him like a tiger. "Good! We're off to Kimberley in the morning." Only then did he bother with the older Saltwoods: "I'll watch over him. He'll be at the heart of things, and when you next see him he'll be a man." The next day they caught the stagecoach to the diamond mines at Kimberley.

Frank found that he wasn't the only one in his early 20s selected to advance Mr. Rhodes' many interests; a squad of bright, eager recruits submerged their personal interests to those of this dreamer who visualized a Union Jack over every territory from the Cape to Cairo.

Best Seller of the Month

Frank worked happily and hard for Rhodes for several years and became his right-hand man. Yet it was Rhodes' hard and fast rule against marriage which almost destroyed the pleasant relationship between them. One day a cable from London reached South Africa informing Rhodes that a business friend of some importance was sending his niece on vacation to Cape Town and using her to deliver a packet of documents that he wanted Rhodes to study. Someone must meet the young woman, Maud Turner, not only to receive the documents, but also to see that she was properly ensconced.

No one knew anything about Miss Turner except that her uncle was powerful, but there was a strong suspicion that she must be rather unattractive, else why would her uncle be sending her to Cape Town? Through the years English families had developed the prudent habit of managing by one device or another to ship their unmarriageable females either to India or Australia, where the competition was thin. This trickle of gaunt, unlovely creatures was regularly dispatched to the far colonies in hopes that most would marry and never return.

"You must attend her, Frank," Rhodes said peremptorily.

So Frank Saltwood, entering his 30s, clean and trim, with an Oxford education, boarded the smoky train at Kimberley and headed south over the empty spaces of the Great Karroo.

He realized from the start that this could be a much more dangerous mission than any other he'd had while working for Rhodes. Because he enjoyed his work and wanted to continue it, Frank was determined to handle the young lady with aloofness, and hurry back to Kimberley and his more important work. He certainly would not risk employment he liked by becoming entangled with a woman.

But Frank
To page 36

For James
Michener's
own incred-
ible story,
see page 38.





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THE COVENANT

From page 32

had not counted on the duplicity of his Salisbury cousin, Sir Victor Saltwood, who had ascertained that young Frank was still without a wife or prospects of any. It was he who had gone to Maud Turner's uncle, proposing that his charming, gifted niece, 23 years old, be dispatched to Cape Town with papers for Cecil Rhodes, and it was he who drafted the cable which Rhodes received. Sir Victor could not have devised that Frank himself should meet the ship, but he expected him to meet Miss Turner sooner or later.

He had a right to expect favorable results, for he had sent one of the finest young women of the Salisbury district, member of a strong family, heiress to a modest fortune, and recipient of one of the most practical educations possible: she had been allowed to listen to the lively conversation of her elders, who were interested in politics, morals, business and empire. She was reasonably pretty, unreasonably clever with her tongue, and a person to whom an adventure like Cape Town was irresistibly attractive as something to do before settling down in Salisbury.

She half suspected that Sir Victor and her uncle were conspiring in some way to get her to meet this or that young man, but this did not mean that she had to accede to their rough-and-ready stratagems. Yet when she saw a young man of obvious charm and vitality on the dock awaiting her, she was interested.

"Halloo!" she cried in a very unlady-like shout. "Are you Mr. Rhodes's emissary?"

"I am. Saltwood's the name."

"Meet me over there, Saltwood," and without assistance from the pursers she found the gangway and was one of the first off the ship.

Frank, watching her come skipping down the sloping stairs, saw at once what a remarkable young woman she was. "She seemed all of a piece," he wrote to his mother. "From her buttoned shoes to the sway of her skirt, from the broadcloth belt about her waist to the perfection of her blouse, she was in harmony, but what I liked most was the way she coiled her hair. No man could have deciphered just how she did it, all auburn and glowing in the sunlight."

Still, he might have resisted her allure had it not been for the added seductiveness of the Mount Nelson Hotel. It was the glory of Cape Town, a spacious 240-year-old inn with lovely grounds, ornate hallways and excellent kitchens. But when a lively young woman like Maud Turner sat sharing it and throwing her witty barbs, it became a paradise. He telegraphed Mr. Rhodes: BUSINESS COMPLICATIONS NECESSITATE THREE

MORE DAYS.

During these three days he was captivated by the levels of interest and understanding she displayed, and he found that she was honestly "all of a piece," as he had written, a beautifully organized person whose individuality matched her intelligence. In curious ways she resembled Mr. Rhodes, for absolutely everything interested her: "How will the blacks learn if there aren't enough schools for them?" She developed a special affinity for the Cape Afrikaners and sought them out. "How could you, Frank, have lived here so long and known so few of them? They're far more interesting than your English friends ... What, for heaven's sake, have you been doing all this time?"

"Working with Mr. Rhodes."

"What I mean, Saltwood, is the English in South Africa. Another decade, you'll have been here a century, and what have you achieved? You've driven the Boers to set up their own republics. And the ones left behind here in the Cape are talking about an Afrikaner Bond, or something. What have you English got to show?"

Frank laughed. "My dear Maud, almost everything you've seen has been the result of English effort. The port you entered. The passes over the mountains. The schools, the hospitals, the free press. All English-inspired."

"Do you think of this as your land? The way the Boers do?"

"I was born here. I've made it my home, even if your Afrikaner friends won't acknowledge my joint ownership. Just because they were here first doesn't mean that God gave them the land in some kind of deal. That's what the Boers up north preach, but mark my words, the English progress they despise will catch up with them. Perhaps very soon."

"You're getting too serious, Frank Saltwood. Tell me about diamond mining. I've always wanted to see how they dig for those silly stones—wouldn't want one myself."

He pointed out that it would be quite improper for her to journey to Kimberley either with him or by herself, but she snapped, "Nonsense! I carry with me letters to the most respectable families on the diamond fields." And she organized the delivery of her two trunks to the railway and the purchase of her sleeping compartment to Kimberley. Frank was free to tag along, if he so wished.

The journey north was as pleasing as any he would ever know, a revelation of what a young woman could be. She was neither flirtatious nor coy; whenever an interesting topic arose, her expressive face revealed pretty much what she was thinking; and she sought out people for animated discussion.

On the second day she invited an Australian couple to dine with them.

She explained that she was not married to Frank, whereupon the wife asked, "Isn't it a mite risky? I mean, traveling with a young man?"

"Not if he's a nice young man, like Frank." But as she patted his hand she added, "Of course, he's not so young, really. How old are you, Frank?"

"Past 30," he said.

"Time to be taking the plunge," the man said, at which Frank blushed uncontrollably.

"He'll do the right thing at the right time," Maud said.

"With you?" the woman asked.

"Goodness, we hardly know each other."

Mr. Rhodes took one look at the couple and realized that young Saltwood had better be dispatched at once, or he was going to fall into irreversible error, so once the introductions were made, he said, "Saltwood, your conveyances are waiting. You'd better be off to Zimbabwe this afternoon."

"I shall leave day after tomorrow," Frank said with some force, and that was the beginning of the estrangement, for Mr. Rhodes realized with dismay that one of his young gentlemen had got himself seriously mixed up with a woman.

In the time he had stolen for himself, Frank demonstrated attractively his deep feelings for Miss Turner. He deposited her trunks at the local hotel, then escorted her about the town, showing her the diamond mines where he had worked. He took her into the countryside and to the local church, and as the second day ended he asked, "Are you promised to anyone?" When she said, "I am not," he asked, "Would you keep yourself free till I return from Zimbabwe?"

"And where's that?" she parried. When he told her that it was an ancient city that Rhodes wished him to explore, she wanted to accompany him on the safari. This suggestion he rejected forcibly. "I understand," she teased. "Mr. Rhodes wouldn't like it."

"Conditions are far too rough, Maud."

"I understand. Mr. Rhodes lays down very strict conditions for his young gentlemen. No women." She expected him to say something, and when he didn't, she said boldly, "But if I did wait, wouldn't Mr. Rhodes discharge you?"

"Yes. So when I married you, I'd have to find other employment."

"Could you do so?"

"I'm a young man. I can work. I know diamonds and gold."

Very quietly she said, "I shall cancel my shipmanship."

"What will you do?"

"I am going on an elephant shoot."

"With whom?" he asked in amaze-

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ment.

"With three gentlemen at the hotel."

"My God, Maud!"

"I said I would wait, Frank. I didn't say I was going to sit on my hands."

"But . . . but, three men from the hotel!"

"My uncle sent letters to two of them." And then she kissed him, not a peck on the cheek, but the full passionate kiss of a liberated young woman who had found the kind of man she was willing to wait for.

Before his departure Frank realized that Rhodes was interested in more than the history of Zimbabwe. What he really wanted Frank to ascertain was if takeover of the Boer republics was possible. Rhodes wanted those regions for England—and for himself. Frank was assigned to locate their leader, General De Groot, and to find out how strong his troops were and if the Boers would be able to withstand an English attack.

When Frank's safari passed through the Boer republics he managed to meet and spend several days with De Groot. A huge, white-haired, fiercely independent man, De Groot made it clear that the Boers would fight to the death to save their land. Frank respected the man and knew that what he said was true. He quickly wrote a letter to Rhodes strongly advising against invasion. Then he proceeded on to Zimbabwe as planned.

Weeks later, returning from his exploration of Zimbabwe, Frank began to hear rumors of turmoil. Black members of his safari spoke of a battle, but the white members could make nothing of this until a terrified English miner, obviously running for his life, intercepted them with the shocking news that Mr. Rhodes had shortly before declared war on the Boer republics. His ragtag army had tried to take over the government but had been soundly defeated.

Anxiously, Frank interrogated the fugitive, who gave confirming details: Mr. Rhodes had done all the things which Frank had warned him against, and the consequences had been the disaster he had predicted.

When the safari reached Pretoria it was approached by an armed Boer commando whose leader shouted in English, "You have a man named Saltwood?" and when Frank stepped forward, three Boers pinioned him, took his papers and carted him off to jail.

"What's the charge?" Frank protested.

"You'll hear. Just before they hang you."

He was thrown into a cell that contained an Australian member of Mr. Rhodes's revolutionary force, two Eng-

lishmen and a breezy, even-tempered American mining engineer named John Hays Hammond, who had helped organize the ridiculous affair. "What happened?" Frank asked.

"Very simple," Hammond explained. "We had 500 hand-picked men and many more waiting in Johannesburg, but with no communication between them. We marched forth to capture the country, but suddenly Boer horsemen appeared from everywhere, led by this great whiskered brute of a man, General De Groot, riding a little Basuto pony. He said, 'All right, boys, put down your guns.' So our men put them down, and here we are—in jail!"

"You mean De Groot defeated your whole army?"

"Have you ever seen De Groot?"

"I have. He's a formidable man. But what am I doing here?" Frank asked. "I was north of the Limpopo when this happened."

None of the prisoners could explain why Saltwood had been arrested.

"How could Mr. Rhodes have stumbled into this?" he asked repeatedly, and finally the Australian said, "Because he had contempt for the Boers, like all of us did."

"After what I wrote him?" Frank blurted out, and when these words echoed in the cell, all the prisoners looked at him.

"Oh," one Englishmen said, "you're the spy they kept asking about."

"Spy?" Frank repeated. He suddenly realized that his prying visit to General De Groot, his questions and his note-taking could be interpreted as spying.

After a hasty trial each man, including Frank Saltwood, was sentenced to be hanged.

In this extremity, Maud Turner was allowed to see Frank. With bars separating her from the man she considered her fiancé, she listened intently as he told her every detail of what he had done since she had said farewell to him at Kimberley. When he explained what he had written to Rhodes, she cried, "But that would exonerate you!"

But Frank explained that Rhodes would never incriminate himself by releasing the letter.

With no other recourse, and with the death of her fiancé imminent, Maud took the bold step of going directly to Paul Kruger, the president of the Boers. She found him not in an office but sitting on his stoep, the wide front porch where he customarily made himself available to any complaining citizen. At first he terrified her: that face of monumental ugliness, the deep voice that rumbled like a volcano. But after he heard her out, he spoke to her, in English, with a warmth that surprised her.

"You want me to save the man's life?"

"I do!" she cried.

"You sit down here. You say a docu-

ment is in existence?"

"It is! It is!"

"If I saw it, it would exonerate him?"

"It would, sir."

"Then why don't you produce it?"

She took a deep breath. "Because Mr. Rhodes has it and he won't give it up."

He halted his interrogation and called for his wife to fetch them coffee, and when Mevrou Kruger appeared on the stoep, a heavy, wheezing housewife, she seemed more like a kindly grandmother than the first lady of a republic.

"You say you are Miss Maud Turner?" the president asked.

"Yes."

"And you planned to marry this young man? Before he was caught as a spy?"

"He was never a spy, sir."

"But you said that in his report he informed Mr. Rhodes of our strength."

"That he did, but if you remember, he also warned Mr. Rhodes against any military adventure."

President Kruger astounded her by breaking into a hearty laugh. "Miss Turner, early this afternoon I commuted all the sentences." He reached over and patted her knee.

"Yes," Kruger said as Maud daubed at her eyes. "He's free, if he can pay his fine."

"How much?"

"Twenty-five thousand pounds."

She gasped. This was more money than she had ever visualized, but she firmed her chin and said, "Somehow I'll get it."

"No need. Mr. Rhodes has already informed us that he'll pay it."

"Then Frank is free?"

"Yes."

Her fortitude deserted her. With trembling hands she put the saucer aside and buried her face in her hands. After a few moments, Mevrou Kruger came to her side and helped her to her feet. "He was free when you arrived," she said. "You see, my husband likes to talk with pretty women."

JAMES MICHENER Perhaps one reason that novelist James Michener's books are so extraordinary is that Michener himself has lived an extraordinary life. Born in 1907 of unknown parents, he spent years in a local poorhouse. However, a Pennsylvania widow, Mabel Michener, changed his life by taking him into her home.

Michener recalls his foster mother reading Dickens aloud to him, an experience of great value to the future novelist.

A brilliant student, Michener received a four-year scholarship to Swarthmore College and during World War II became a lieutenant commander in the Navy, serving on 49 different islands in the South Pacific.

An inveterate traveler, Michener writes about different cultures and people, with great sympathy and understanding. His books, including *Hawaii*, *The Source*, *Centennial* and *Chesapeake*, have sold over 17 million copies.

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Lender's Bagels

From super dessert-maker Grandma Rose: More sinfully delicious cakes and pies



When former restaurateur Rose Naftalin produced a top-selling dessert cookbook five years ago, you would have thought she'd exhausted her ideas for irresistible cakes and pies. But no such thing! Grandma Rose is still baking up a storm! And her new desserts are just as mouth-watering as those in "Grandma Rose's Book of Sinfully Delicious Cakes, Pies, Cheesecakes, Cake Rolls and Pastries" (Random House, 1975). Here are three of her latest recipes, including the Cherries 'n' Cream Roll, shown on cover, and the French Double Chocolate Pie, pictured above.

CHERRIES 'N' CREAM ROLL

Orange-scented sponge cake with an easy-to-make cherries-and-cream filling. Bake at 375° for 12 minutes. Makes 12 servings at 32¢ each.

1 cup sifted cake flour
1 teaspoon baking powder
1/4 teaspoon salt
3 eggs
3/4 cup granulated sugar
1 tablespoon frozen orange juice concentrate, thawed
2 tablespoons water
10X (confectioners') sugar
1 can (21 ounces) red cherry pie filling
2 cups (1 pint) heavy cream
1/2 cup 10X (confectioners') sugar
1/2 teaspoon almond extract
Fresh mint (optional)

1. Grease a 15x10x1-inch jelly-roll pan. Line bottom with wax paper; grease paper. Preheat oven to moderate (375°).
2. Sift flour, baking powder and salt onto a fresh piece of wax paper.
3. Beat eggs in a medium-size bowl with electric mixer at high speed until thick. Beat in sugar, 1 tablespoon at a time, and continue to beat at high speed until mixture is very thick and creamy.
4. Turn mixer to very low speed. Beat in orange juice concentrate and water. Sift flour mixture over little by little; beat in until batter is smooth. Do not over-beat. Pour batter into prepared pan, spreading gently to corners.
5. Bake in preheated moderate oven (375°) for 12 minutes or until center springs back when lightly touched.
6. Loosen cake around edges with a paring knife; invert onto a clean towel that has been dusted with 10X sugar; peel off paper. Trim 1/4 inch from all sides with a sharp knife for easier rolling. Roll up cake and towel together, starting with one of the long sides. Cool completely on wire rack.
7. Put cherry pie filling in a sieve and let most of the liquid drain off; reserve cherries.
8. Beat cream in a medium-size bowl until stiff. Beat in 10X sugar and extract.
9. Unroll cake; spread with half the cream. Spoon 3/4 of the cherries over the cream. Roll up cake and filling, using towel to aid rolling. Place roll, seam-side down, on serving plate. Spread with remaining cream; garnish with remaining cherries. Decorate with mint.

FRENCH DOUBLE CHOCOLATE PIE

All chocolate—clear down to the last buttery crumb!

Bake crust at 350° for 3 minutes. Makes 8 servings at \$1.01 each.

10 tablespoons (1 1/4 sticks) unsalted butter, softened
1 teaspoon ground cinnamon
3 cups chocolate wafer crumbs (about 1 1/2 packages, each 8 1/2 ounces)
12 squares (1 1/2 packages) semisweet chocolate
2 whole eggs
5 eggs, separated
4 to 7 tablespoons amber rum
Dash salt
1 1/2 cups heavy cream

1. Butter a 10x1 1/2-inch pie plate with 1 tablespoon of the butter.
2. Combine cinnamon and wafers in a bowl; work in remaining butter with fingers until well-blended. Pat mixture evenly onto bottom and side of plate.
3. Bake crust in a moderate oven (350°) for 3 minutes. Cool on wire rack.
4. Melt semisweet chocolate squares in a small saucepan over very low heat, stirring constantly; cool.
5. Beat the whole eggs and the 5 egg yolks in a large bowl until thick and light. Stir in cooled chocolate, rum and salt.
6. Beat egg whites in a medium-size bowl until soft peaks form. Gently fold into chocolate mixture.
7. Whip 1 cup of the cream in a small bowl until stiff; fold into chocolate mixture until no streaks of white remain. Gently spoon into cooled crust. Chill until filling is set, about 3 hours.
8. Whip remaining 1/2 cup of cream in a small bowl until stiff. Garnish pie with cream piped through a pastry bag. Garnish with chocolate curls.

CHOCOLATE SWIRL CHEESECAKE

Bake at 300° for 1 1/2 hours. Makes 8 servings at 68¢ each.

Crust:

1 tablespoon butter
2 cups vanilla wafer crumbs (about 50)
1/4 cup sugar
1/4 teaspoon ground cinnamon
1/4 cup (1/2 stick) unsalted butter, melted

Filling:

1 square unsweetened chocolate
2 packages (8 ounces each) cream cheese
1 cup sugar
6 eggs, separated
2 teaspoons vanilla
2 tablespoons orange liqueur
1 cup heavy cream, whipped

1. Butter a 9-inch springform pan with the 1 tablespoon butter. Preheat oven to slow (300°).
2. Combine the vanilla wafer crumbs, sugar, cinnamon and the melted butter in a small bowl; blend with fingertips. Press mixture evenly over bottom and side of buttered pan.
3. Melt chocolate in a small bowl over hot, not boiling, water; reserve.
4. Beat cheese in a large bowl with electric mixer until soft. Beat in half the sugar (1/2 cup) and the egg yolks until mixture is creamy and light. Stir in vanilla and the orange liqueur. Gently fold in the whipped cream.
5. Beat the egg whites in a medium-size bowl until foamy. Beat in remaining sugar, 1 tablespoon at a time, until meringue stands in soft peaks. Fold meringue into cheese mixture.
6. Pour 1/3 of the filling into the prepared pan. Drizzle a little melted chocolate over the filling; swirl lightly with tip of a knife. Layer 2 more times with remaining filling and chocolate.
7. Bake in a preheated slow oven (300°) for 1 1/2 hours or until cheesecake is firm in the center. Turn off oven; leave oven door open, and let cake cool in oven 1 hour. When completely cool, loosen around side with a knife. Release spring; remove side of pan. Cake will settle slightly, and top will probably crack. Garnish with 10X sugar and chocolate curls, if you wish.

When you start with good trademarks, the cooking is easy.

Russian Coffee

Place 2½ teaspoons of SANKA® Brand Freeze-Dried 97% Caffein Free Coffee and 1 tablespoon chocolate syrup in large cup. Stir in ¾ cup scalded milk. Stir until dissolved. Top with COOL WHIP® Brand Non-Dairy Whipped Topping and garnish with grated or curled chocolate. Makes 1 serving.



Orange Chicken

Empty 1 envelope SHAKE 'N

BAKE® Brand Seasoned Coating Mix for Chicken into shaker bag. Add 1 tablespoon grated orange rind. Moisten 2½ pounds cut-up chicken with ¼ cup orange juice. Coat and bake as directed. Makes 4 servings.



Sparkling Dessert

Dissolve 1 package (3 oz.) JELL-O® Brand Gelatin, any flavor, in 1 cup boiling water. Add 1 cup cold ginger ale. Chill until thickened and

add 1 cup diced drained canned fruit. Pour into individual dishes and chill until set. Makes 6 servings.



Fun Milk

Dissolve 2 scoops KOOL-AID® Brand Sugar-Sweetened Soft Drink Mix completely in ½ cup water. Stir into 3½ cups whole milk or skim milk in pitcher. Serve at once or chill and stir before serving. Makes 4 servings.



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Mild Ivory Liquid

Average Bargain Brand

Less Ivory Liquid washes more dishes per penny than the average bargain brand. So you don't have to give up mild Ivory Liquid to save money.



MONEY DICTIONARY

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executes your orders to buy and sell shares of stock, other securities or commodity futures contracts for a commission. A securities salesman is more accurately known as a registered representative, account executive or customer's man.

Bull. A person who thinks a stock's price, or the market as a whole, will go up. A bull market is a sharply advancing market.

Capital Gain (or Loss). Profit (or loss) on the sale of any capital asset, including securities. A long-term capital gain is a gain achieved after the securities have been held for "more than one year." Long-term gains are taxed at a lower Federal rate than short-term gains.

Cats and Dogs. Highly speculative and usually low-priced stocks.

Commission. The broker's basic fee for purchasing or selling securities or property.

Confirmation. A form you receive from your brokerage house after you buy or sell securities. It tells you that your buy or sell order has been executed, as well as the number of shares traded (at what price, in what market), standing of your account and settlement date.

Current Yield. The dividends or interests paid on a security by a company and expressed as a percentage of the current price. A stock with a current market price of \$40 a share, which has paid \$2 in dividends in the preceding twelve months, is said to return 5% (\$2 to \$40).

Dividends. A payment to share owners on a proportional basis in amounts and at times voted by a company's directors. A dividend may be in cash, additional shares of the company's own stock or in the securities of another company it owns. On preferred stock, the dividend amounts are usually fixed. On common stock, dividends may vary throughout a year and from year to year—or may be omitted entirely.

Dollar Cost Averaging. A system in which you invest equal amounts of money in regular intervals regardless of whether the stock market is moving up or down. This reduces average share costs because more shares are purchased in periods of lower securities prices and fewer shares are bought in periods of higher prices.

Earnings (or Income) Statement. A company's statement to shareowners, which may appear in an annual, semi-annual or quarterly report, of its net profits (or "net income") or losses after taxes and expenses for the period covered by the report.

Growth Stocks. Stock in a company with superior prospects in earnings which historically have exceeded the growth rate of the economy or of corporations on the average.

Hedge. In the securities and commodities markets, to hedge means to try to minimize or eliminate a risk by using certain strategies.

Limit Order. An order to buy or sell a stated amount of a security at a specified price, or a better price if obtainable, after the order has been placed.

Listed Stock. Stock traded on a national securities exchange. Both the stock and the exchange have been registered with the Securities and Exchange Commission.

Load. Sales charge.

Margin. Minimum proportion of the purchase price you must pay when you wish to use your broker's credit to buy a security. A 100% margin means no borrowing is permitted. The New York Stock Exchange has strict margin maintenance rules that its member organizations are expected to enforce in customers' accounts.

Margin Call. A call from your broker asking you to put up additional cash (or collateral) in order to bring the equity in your account at least up to the margin maintenance requirements stipulated by the exchange. You might get this call if your stock declines sharply instead of rising. If you don't meet the call to bring up your equity to the requirement, your stock will be liquidated by your broker.

Market Price. The last reported transaction price of a security.

Odd Lot. An amount of stock normally less than 100 shares, which make up a round lot.

Option. A right to buy or sell specific securities, commodities or properties at a specified price within a specified time.

Over-the-Counter. By far the biggest securities market in the world, where stocks and bonds which are not listed on securities exchanges are traded. It is the principal area for the trading of U.S. Government securities and municipal bonds.

Penny Stocks. Superspeculative stocks, often of mining companies, which usually sell for \$1 a share or less.

Point. In stock prices, one point equals a change of \$1 and a half-point rise or fall means a 50¢ change; one quarter means 25¢.

Price/Earnings Ratio. The relationship between the price at which a stock is selling and the company's earnings per share.

Quotation. Often shortened to "quote." The highest bid to buy and the lowest offer to sell a security at a given time. If you ask your broker for a "quote" on a stock, he may come back with something like "45 1/4 to 45 1/2." This means that \$45.25 was the highest price any buyer wanted to pay at the time the quote was given and that \$45.50 was the lowest price which any seller would take at the same time.

Round Lot. A unit of trading in a security. Usually 100 shares for active stocks; 10 shares for inactive stocks.

Split. A division of a company's outstanding stock. For example, if a company has one million shares outstanding, currently priced at \$50 per share, and splits its stock two for one, it has 2 million shares outstanding which will sell at \$25 per share. If you own 100 "old" shares at \$50, after the split you own 200 "new" shares at \$25. Theoretically, the new shares are worth only half the amount of the old shares, but in actual practice prices tend to rise—at least temporarily—when a stock is split. The reason? Investors generally are more interested in buying

ing relatively lower-priced stocks than high-priced stocks, hence buying frequently increases after a stock is split. **Transfer Agent.** A transfer agent, usually a bank, keeps a record of the name of each registered shareowner, his or her address, the number of shares owned and sees that certificates presented for transfer are properly canceled and that new certificates are issued in the name of the transferee.

Yield. The percentage of return per year on a security. To find the current yield on a stock, you divide the current annual dividend rate by the current price of the stock. (If you bought the stock at \$100, and it is paying \$3 a year in dividends, your current yield is 3%).

BONDS

Bearer Bond. Bond on which the owner's name is not registered with the issuer and thus, in some ways, is equivalent to cash.

Coupon. The piece of paper attached to a bearer (or coupon) bond which is evidence that interest is payable on the bond, usually every six months. The coupon amount is the dollar amount you will receive when this paper is submitted to a bank.

Discount. Difference between the lower price at which a bond may be trading and its higher value (par value) at issuance or normally at maturity.

Maturity. Specified date on which the stated value of a bond—the principal—becomes payable in full to the owners. Also called due or maturity date.

Municipal Bonds. Any obligations issued by a city, town, village, state, territory or U.S. possession. All are exempt from Federal income taxation (and under certain conditions, sometimes from state and local taxes, too). These are called tax-exempts.

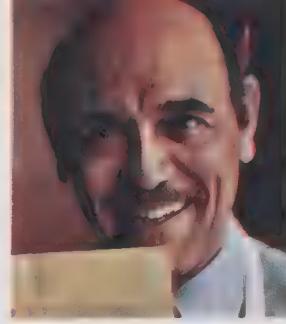
Point. In bonds, one point represents a \$10 change in the price per \$1,000 (face value) bond—in contrast to stocks, where one point is a \$1 change in price.

Principal. Face value of a bond on which interest is paid.

Ratings. The informed judgments of independent rating services (the two major ones are Moody's and Standard & Poor's) on the quality of various obligations. Obligations are ranked from the very highest Aaa (Moody's) and AAA (S&P's) to C and even lower. The ratings of these two services play a key role in evaluating the quality of bonds to investors.

Tax Deferment. Postponement of taxes. Payment of Federal income tax on interest accrued on EE bonds may be deferred to their final redemption.

Treasury Bills. Short-term marketable U.S. Treasury obligations maturing from 90 days to one year and offered on a discount basis. The minimum investment is \$10,000. T-bills are considered almost as liquid as cash or as savings in the bank. Treasury Notes mature in one to 10 years and are sold in minimum denominations of \$1,000 and up. Treasury Bonds have a maturity date of over 10 years and are also sold in minimum denominations of \$1,000 and up. ■



Dear Pete,

**My family's crazy about
barbecued chicken. They'd barbecue indoors
if I'd let them. Help!**

—Mrs. Ellen Wilcox
St. Joseph, Mo.

Dear Mrs. Wilcox,

Go and get yourself a box of Shake 'n Bake® Seasoned Coating Mix Barbecue Style. It turns your oven into a barbecue grill.

The whole family will think you made chicken outdoors, thanks to the tangy tomatoey sauce.

And they'll really go nuts if you fix it my special way—
"Spice is Nice" Chili Chicken.

—Pete the Butcher

"SPICE IS NICE" CHILI CHICKEN

Moisten 2 1/2 pounds cut-up chicken with 1/4 cup water mixed with 1/4 teaspoon hot pepper sauce. Add 2 teaspoons chili powder to 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken Barbecue Style. Coat and bake as directed on package. Makes 4 servings.

Shake 'n Bake Barbecue Style. Tastes like you barbecued outdoors.



© General Foods Corporation, 1980

Though I haven't told the architect so, I feel uneasy at times about the modern equipment in our new kitchen: how it lets me be absent-minded or sloppy, no matter, it takes care of itself—in fact, how it conforms to the modern ethic of cleaving to the sin and escaping the penalty. *Go ahead, drive like a maniac, we'll protect you with airbags! Be rude, we'll excuse you for your insecurities, and be spendthrift, there's always a credit card...* all this being quite at odds with the moral climate I grew up in, where if you sinned, you suffered, and almost immediately. Drive crazy, you got hurt. Be rude, you got smacked. Be extravagant, you went broke.

Probably I won't mention it to him either. He wouldn't thank me, and anyway there's little he could do about it, short of starting over and replacing everything with period pieces like the tall skinny-legged stove and burners Grandma had, the Congoleum rug, the icebox with drip pan... all expensive campy collectors' items now that we couldn't afford.

Why didn't these things stay in the family? Why weren't they handed down?

Well, because back then, few people foresaw the tidal wave of nostalgia that would come surging out of the 70s and 80s to backwash over the 20s and 30s and all their artifacts.

And so when Grandma finally acquired a new electric refrigerator with its brace of ice-cube trays and proud round gun-turret on top, she was delighted to give the old zinc-lined number to the Salvation Army Store on Lower Main.

Actually, I think the zinc lining's main purpose was to store up various succulent flavors like old fish and onions, reissuing them with a fine impartiality to any impressionable items you forgot to cover, like butter or cream.

You had to remember other things too with the old ice-powered icebox, like turning the window ice-card around so the ice man would know you wanted 25-50-75-100 pounds of ice; and, likewise, remember to be there to let him in so he could make the drop.

Now, as for our own new big freezer, its frost-free aspect baffles me, in the face of its Arctic temp. You'd expect ice to pile up like glaciers. Well, it doesn't. But cold? Open the door and jump back, or you'll freeze solid in the great

PEG BRACKEN, a regular contributor to "Family Circle," is the author of several best sellers, among them "The I Hate to Cook Book" and "The I Hate to Housekeep Book."



PARKER EDWARDS

Joy Cometh In The Morning Or, My Grandpa Was a Very Kindly Man

By Peg Bracken



At top, Peg in her kitchen today. Above, the author at age eight-and-a-half and Grandpa dressed up to resemble the hired man on Halloween.

rolling clouds of white vapor. This is a sub-zero freezer, colder than an Eskimo cookout or anything else I know of, always excepting the coldest thing on my personal planet, which is my Grandpa's barn door padlock on a February morning back in Kansas.

But I must explain a bit about Grandpa here, for he looms large in this account; not only his barn door padlock, but his character. I feel I should emphasize that Grandpa was, first and foremost, a very kindly man. "I hate to kill anything before breakfast; it starts the day off wrong," he explained once, and I can see him now in that old Kansas kitchen, scooping a spider out of the sink before he shooed it out the door and went back to tending his coffee.

Yes, a kindly man. He was good about visiting the very old and very sick (Grandpa was a Presbyterian minister for a while) and though it always gave him a migraine headache, he always went back.

I never knew exactly why he left the ministry, for his sermons were good. It's true that he caught some flak now and again for certain interpretations. He felt that *Love one another* should be re-translated into *Put up with one another*, on the theory that we must crawl for a good while before we can walk. And he had his own categorical imperative: Solve your problem without making one for somebody else. But his congregation certainly liked him, and they didn't want him to go. I know that, and if I had any doubts, there is the valedictory set of sterling flatware for 12 that they gave him, to set my mind at ease.

Even better than kindly, though, he was a first-rate Grandpa who took you seriously and lightly in just the right proportions. A superb Tooth Gnome, he was paid way over scale—and a great constructor of horrifying Horror Museums on Halloween. Yes, and on the Fourth of July he'd have more Red Devils and Cherry Bombs ready than anybody.

Admittedly, Grandpa wasn't above playing a mild practical joke. Like the Aunt Heck episode. A shirt-tail relative out west, she was the sort who's always right and never lets you forget it; and Grandpa decided, one time, that he'd fix her little red wagon, at least temporarily.

Grandpa and Grandma had just moved into their house and there wasn't even a lawn yet, just bone-bare ground. So before Heck arrived once, to stay overnight, Grandpa bought a portable papier-mâché tree with a sharp spike instead of roots, for easy transplanting. He stuck it in the ground by the front

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America's favorite interviewer, Phil Donahue, talks with leading fertility expert Dr. Sherman J. Silber about



What Every Woman Must Know About Reproduction



COURTESY OF DONAHUE

DONAHUE: Reproductive biology just may be the most exciting drama of all creation. Dr. Sherman J. Silber, a fertility expert, has been studying human reproduction for years, and has recently played a fascinating role in this incredible drama by performing an extraordinary operation, the world's first successful testicle transplant.

Dr. Silber, there are a significant number of people in this country who feel they may be infertile, or are having difficulty conceiving. How widespread is the problem of infertility?

DR. SILBER: About 15 to 30% of all couples have serious fertility problems. But you know fertility is a new science; reproductive biology is a new science.

Now available in paperback, with a brand-new chapter added, is Phil Donahue's best-selling autobiography, "Donahue: My Own Story" by Phil Donahue & Co., published by Fawcett Books.

Every day we're finding out more about how reproduction works—for example, how the sperm invade the ovum, and why they sometimes can't invade.

DONAHUE: Let's discuss that—the sperm's invading. How many sperm are deposited during one encounter?

DR. SILBER: One ejaculate—the discharge of sperm and seminal fluid—contains an average of 150 to 200 million sperm, but only about 400 of these get within the vicinity of the egg.

DONAHUE: After ovulation, how long is the egg a candidate for being impregnated?

DR. SILBER: A very short time—about eight hours. If the egg isn't fertilized within eight hours, it will die.

DONAHUE: How long does the sperm retain its ability to fertilize the egg?

DR. SILBER: Once the sperm gain access to the female's mucus, they have a lifespan of two to three days.

DONAHUE: What is the mucus?

DR. SILBER: It's a remarkable liquid the cervix makes, and it's only penetrable by sperm during two days of the entire month, just prior to ovulation. The rest of the time it prevents anything, including sperm, from entering the uterus.

DONAHUE: I don't quite understand the contribution the mucus makes to this process. If a woman isn't ovulating, why is this mucus barrier there to prevent sperm from entering the uterus?

DR. SILBER: That's a good point. The reason is that the egg is only good for about eight hours. And, as you know, humans have sex whenever they want to, so they don't necessarily time it right. The purpose of the cervical mucus is to slow these millions of sperm down, letting only a few sperm gain access to the egg over a delayed period of time.

DONAHUE: Why can't you let all 200 million in? Wouldn't that increase the likelihood of pregnancy?

DR. SILBER: No, because *To page 110*

The World's Most Unusual Father

DONAHUE: Mr. Twomey, your experience is an important and revolutionary breakthrough in medical science. Now, let's try to explain this amazing story. As I understand it you were born without testicles. You had a scrotum but had no testes. So, as you approached puberty, your body was not manufacturing testosterone, the male hormone responsible for development of the male characteristics, isn't that right? Were you given drugs to correct this condition?

MR. TWOMEY: Yes. I received an intramuscular shot of testosterone once a month. It was very painful. With the testosterone therapy, I developed male characteristics such as body hair, muscles, and my sexual drive became normal. However, without testicles, my body could not produce sperm.

DONAHUE: So your libido, your sexual drive, did develop after the therapy.



The Twomey family. Clockwise: Jannie, brother Terry, Tim, with then-6-month-old Christopher.

all the details of my medical history and my brother's. About three days later I received a call from Dr. Silber.

DONAHUE: And then how did you go about discussing this with your brother? Gosh—it must have been an unusual conversation...

MR. TWOMEY: Well, we had discussed it even before we knew that the technique was there. And yes, I simply asked him, "Can I have one of your testes?" And he said, "Sure."

DONAHUE: Was it a difficult operation?

MR. TWOMEY: Actually, the most difficult part was the four days following the operation because I had to lie completely still on my back the whole time. Other than that it really wasn't bad at all.

DONAHUE: You were married in 1975, the operation took place in 1977, and your son was born in March of '80. You must both be terribly proud of your beautiful boy. But, and I feel a little uncomfortable asking this question, are you ever tempted to think of this baby as your brother's?

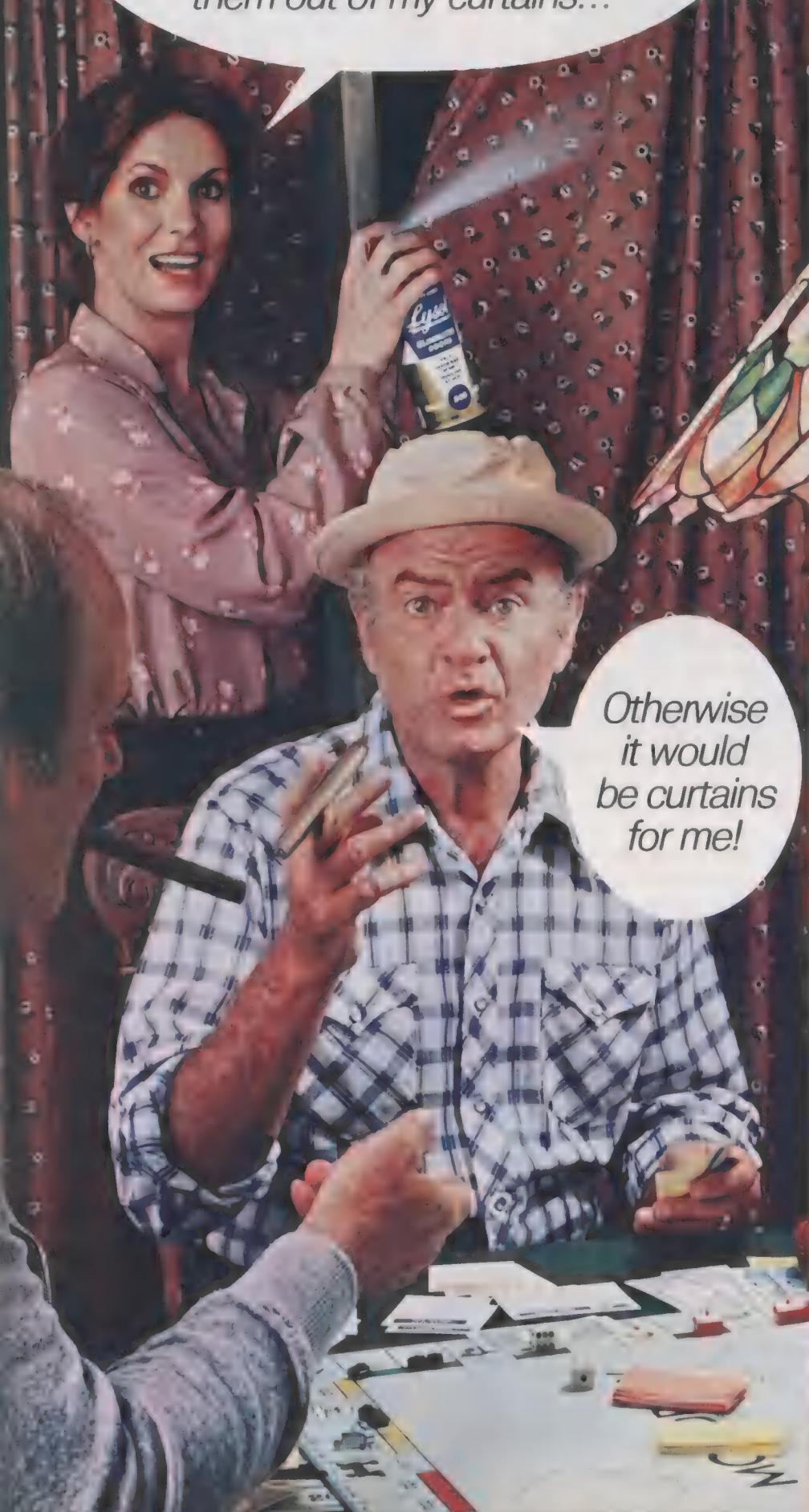
MR. TWOMEY: I've given a lot of thought to this because it's a philosophical question of great depth. And I concluded that since I would change no baby's diapers but my own, and I change his diapers, he must be mine.

DONAHUE: Do you plan to have more children?

MR. TWOMEY: Yes sir, without a doubt.

DONAHUE: Well, I have to say I'm very moved. I think it's really terrific, and it's something for all of us to learn from. I wish you, your wife, and your very special child the best.

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them out of my curtains...**



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cigars get together, it's time to get out
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Spray gets rid of smoky odors...fast.



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Space Probe
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JOSEPH HEPPL



Don't Let the Headlines Get You Down

MORT MACE

Sure, we've got troubles, but you don't have to feel helpless or gloomy. Instead, learn to treat problems like challenges with these effective techniques.

By Dr. WAYNE W. DYER

COMPLAINTS! Complaints! Complaints! We hear them all the time. "These are the worst times we've ever faced." "Inflation is destroying our country." "The oil shortage is going to ruin us all." Such sentiments seem to be on the lips of almost everyone I talk to these days. People are downhearted and have let negative thinking affect the very fiber of their lives.

Certainly I agree we have many real problems that need to be tackled and resolved. There is no doubt the energy shortage, skyrocketing inflation, complex foreign-affairs issues and the rising rate of crime are serious concerns affecting us all. So I am not supporting any

Dr. WAYNE W. DYER is the author of the current best seller "The Sky's the Limit."

philosophy which encourages us to take a "head-in-the-sand," blissfully ignorant approach to resolving these real dilemmas. But I do know that even during difficult times a person does not have to become immobilized because of what he reads or sees. In fact, the *least* effective strategy one can use for dealing with the real problems of the world is to become distressed or depressed by them, or anxious or afraid.

The real basis for our confidence crisis is, I believe, not only the dark headlines we read every day, but also the helplessness we feel. And once a person sees herself as helpless, as a victim, then depression is inevitable.

Most people are victimized *not* because they fail to achieve, but because they fail to aspire. This lack of courage and hope is obvious when people must confront a large corporation or the Government, or any power they perceive as superior to themselves. They are afraid to argue with the "big guys," for how can the "little guy or gal" make a difference? But a person who expects to be a victim almost inevitably *becomes* one. And he or she usually has excuses for failure ready in advance: "They are doing it to all of us little people all the time."

One may also feel depressed and helpless about big problems if one spends a lot of time and energy turning them over and over in one's mind. Doing this inevitably makes you miserable, yet it doesn't bring you or anyone else even one step closer to solving the problem of, say, inflation or the Middle East or crime. And when you have convinced yourself that

there is no possible solution, that things will only get worse and never better, you'll have allowed yourself to become one more person who is *part of the problem* rather than part of the solution.

A Positive Point of View

Pessimism almost seems to be "in" today—maybe because people are simply not taught to be positive about life, to count their blessings and to become advocates for positive change. If you are negative, how safe and easy it is to blame others for your troubles! This way you don't have to take action and do something constructive.

Now, I'm not saying criticism is wrong. You can and should voice your opinion of the Government or the big oil companies or the way the economy is managed. Write a letter to your representatives in Congress and to your newspapers. Picket the companies you feel are destroying the environment. These are positive and important ways to express your views. But griping for its own sake is basically pointless and can make a tough situation even tougher.

What's more, there are realistic ways to look at serious problems, positive attitudes that one can take about some of the world's major woes, to make them seem less threatening. Why not become familiar with these viewpoints? Discuss them with friends. Use them *actively* to block fearful, negative feelings.

Consider the energy crisis, for example. Did you know we really do have enough oil in the world to last us for many years to come? If every person would conserve as much *To page 99*

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Sudafed helps clear congestion and makes breathing easier.

Sudafed Tablets and Sudafed Cough Syrup will give relief without causing drowsiness. When allergies are the problem...

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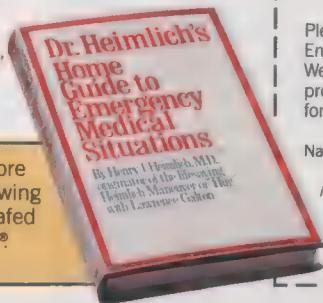
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Q: *How can a wife keep her marriage "romantic"?*

A: I bought a marriage manual in which it suggested making love in the shower and pretending you were a Tahitian maiden. I don't think my husband will ever forget that reverent, mystical moment when I leaned over and whispered, "Look at this tile. Wonder what your sister in Florida uses for mold?"

I used to worry a lot about romance in marriage. Not any more. At our age, my husband gets excited when his soup is hot.

Q: *How do you make your kids listen to you?*

A: Getting the attention of children is not too difficult. I do this through sulking, threatening and an enormous amount of guilt that will plague them the rest of their lives.

Q: *How can a wife "get even" with her husband when he does irritating things?*

A: Get even? My goodness, one does not build a 31-year-old marriage by being vindictive. I can't think of too many things my husband does that are irritating.

Oh, maybe when he reads the paper out loud to me like he's E. F. Hutton.

Or stubbornly refuses to tan when he knows I'm crazy for the beach.

Or possibly the snoring which he never admits to but has been known to make cattle restless within a 50-mile radius of our bedroom.

And the way he leaves the car seat back so far that when I climb in it's like driving from a stretcher.

Or the disgusting toothpaste in the bowl that...

Can I think about this one some more?

Q: *Do you think men are overly involved in watching sports on television nights and*

ing storm windows, etc.

Q: *Are you and your husband in complete agreement about the furnishings of your home?*

A: The furnishings in our home are definitely 50-50. I buy 'em. He complains about 'em.

It's not that we don't appreciate the same style of furnishings. It's just that he's unreasonable. He wants a lamp next to every chair. He wants a sofa long enough to stretch out on. A rug that lasts forever. (Have you ever noticed that an ugly rug lasts forever and one that you're crazy about goes bald within the year?)

I tend to change the house a lot because I get bored. He does not think bathtubs can be re-arranged. Every week I

change something even if it's just adding a piano or something. He told me once, "A man's home is supposed to be his castle, but his home is his hassle." Then he got mad because I wouldn't send his quote to *Reader's Digest*.

Q: *How do you stay on a diet—any winning ways?*

A: By lying. I'm trying to remember the longest span of time I ever stuck with a diet, and it has to go back to 1969. Three weeks before my class reunion. For three weeks I didn't so much as lick a stamp. I lost 10 pounds, five in my neck and five in my bust. My best girlfriend said I looked like an avocado in puffed sleeves.

I'm not one of those people who kid around about being overweight. I fight it all the time. Every Monday I call all my friends and tell them I'm on a new diet.

Tuesday: Call all my friends and tell them how wonderful I feel and how much more energy I have since I've been cutting back.

Wednesday: Spend all my time on the phone sharing my menus **To page 51**

Erma's Still Coping

No doubt about it—America's funniest lady knows that being a wife and mother is no laughing matter. Here she tells how she handles the problems that beset us all.

Answers by ERMA BOMBECK

weekends? How might they better spend their time?

A: Let me put it this way. If there were a sperm bank for sportscasters, it would go bankrupt.

Women have been trying to deal with this problem for years. They've done everything from decorating their husbands for Christmas to making lamps out of them. None of it has worked. I understand a million people a year visit the monument to the memory of the first four sports spectators with bionic kidneys: Mt. Rushmore.

I would like to see men start shaving again on weekends, maybe shuffle their feet a little, take nourishment, and when they are stronger, be wheeled out into the garden where they can count their children, learn their names, have a reunion with their wives. Perhaps after conscientious throat massage some of them will be able to speak and laugh once more. Only then can we get them into some kind of therapy: fertilizing the lawn, fixing leaks, repairing the spouting, chang-

and exact proportions with anyone who will listen.

Thursday: Make a German chocolate cake. Refuse to answer the phone.

Friday: Find someone who went on the diet and didn't lose either.

Saturday: Tell myself I can't fight water retention and besides, giving away your maternity underwear is a waste.

Sunday: Eat my last big meal in preparation for my diet, which begins again tomorrow.

Q: *Is your family considerate and understanding in permitting you complete privacy and quiet in order to carry on your work?*

A: My family actually does not know what I do. My first "office" had a full-length mirror on the door and black poodles on the shower curtain. My second one was an old door mounted on cement blocks in the bedroom. My present office is a former garage that has been walled in. The more someone races the motor, the more exhaust, the funnier I write.

Some writers may need quiet. Not on my "beat." One day I had the house all to myself. There were no spinning washers, slamming doors, ringing phones, belching dryers, gasping sweepers, barking dogs, burping Tupperware or shouting children. I met them at the door with, "Give me a break! How do you expect me to create in all this tranquillity?" It was like trying to cover a war during the lunch hour.

Q: *What do you think women really want and need the most?*

A: Women want and need what everyone wants and needs: appreciation. It used to amaze me that the only bit of rhetoric used to compliment the housewife was the old tirade resurrected at least once a year (usually on Mother's Day) that mommy was a cook, chauffeur, nurse, laundress and teacher. It was supposed to make me feel good, but it didn't. I wanted someone—anyone—to see beyond the obvious services I rendered and know what an impact my decisions, my attitudes and my very presence meant to holding an entire family unit together.

A lot of women left their kitchens and entered the labor force to find "appreciation." (If you love redundancy, you'll love the term "working mother.") They know it's out there because for years they watched their husbands and their children track it in each night. Appreciation for them legally under the laws of our land. Appreciation for them monetarily under the system. Appreciation for them individually as human beings.

Once women are appreciated, they'll never live without it again. ■

HEALTHY AND REFRESHING

Whirling frozen fruit juice with the required amount of water in a blender makes it frosty and refreshing-tasting. Children love to sip it with a straw and it makes for a nutritious drink anytime. —CONNIE GILDEN, Hampton, Va.

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Style Shown 731

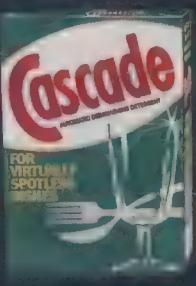
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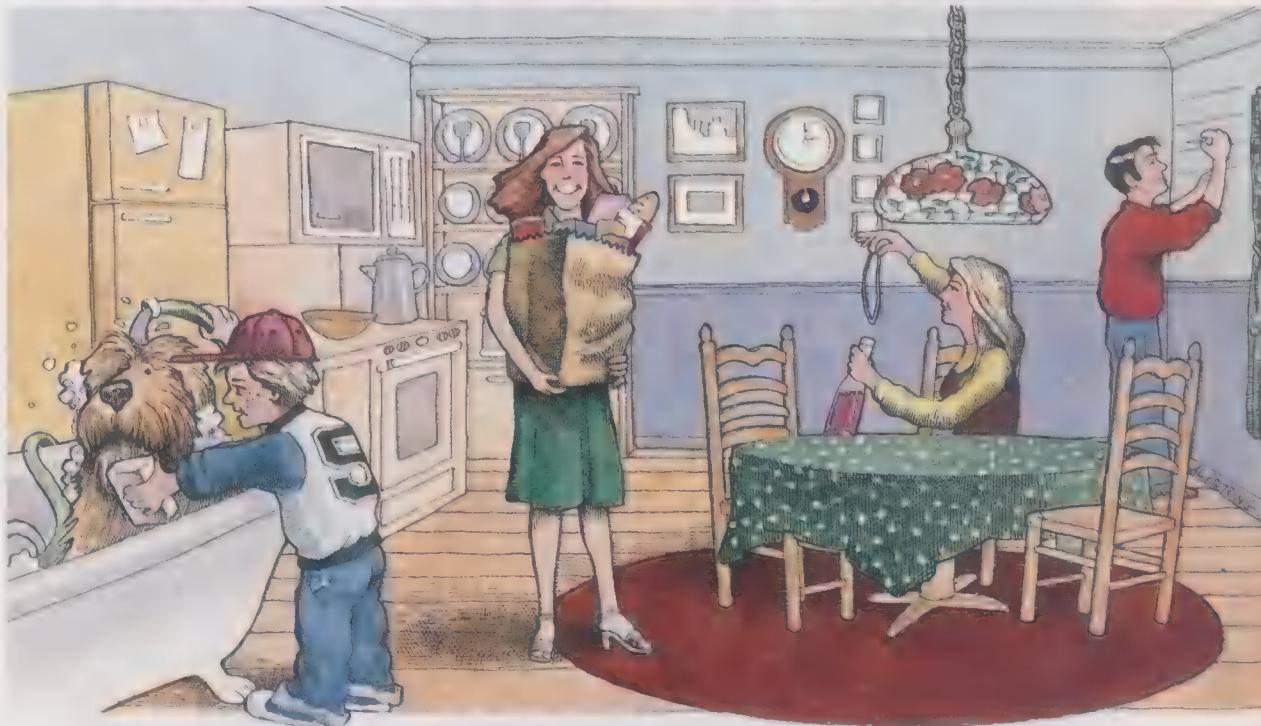
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The Right Way

Do you know how to unstick a zipper? Stop a nosebleed? Check your credit rating? Not only is there a right way to do these things, but knowing how can save you time, money, worry or just plain embarrassment. Here are tips from 20 experts on the right way to do many common but often troublesome things we may be doing wrong. **By Carol J. Richards**



HOUSEHOLD HELPERS

China syndrome: It's hard to prevent china from breaking, especially with children around the house. And with the cost of living skyrocketing, repairing rather than replacing seems like a good idea. Here's how.

First, determine where two pieces fit together. Using a toothpick, apply epoxy resin glue to both cracked surfaces. Immediately fit pieces together and wipe off excess glue with a clean cloth. Repeat with other pieces, holding them in place with masking tape and allowing them to dry 24-48 hours before removing tape. Use a razor blade to scrape off any excess glue.

—MR. FIXIT, a complete repair and restoration service

Tight lid on a paint can: Closing a paint can the wrong way can do two things: (1) make it hard to reopen and (2) allow the paint to dry out. To save yourself trouble—and paint—clean out excess paint from around the lip of the can with paper towels or rags. Then place lid on can and cover it with several layers of toweling (to avoid possible splattering). With hammer, lightly

tap top of lid at opposite ends. Then tap firmly clockwise, around the entire lid to ensure an airtight seal. For best results, store the paint can upside down. The minute amount of air that passes through the seal creates a "skinning," sealing the can more perfectly and adding years to the shelf life.

—MICHAEL PINTCHIK, Vice President, Pintchik Decorating Centers, Brooklyn, N.Y.

Edit on door squeaks: Squeaky door grating on your nerves? To eliminate the noise just spray a silicone-base lubricant directly into the main portions of the hinges. Then move the door back and forth several times to allow the lubricant to seep into the hinges.

—AL UBELL, *Household Hints and Safety Reporter* for ABC-TV's "Good Morning, America," and author of "Al Ubell's Energy-Saving Guide for Homeowners," and "Recipes for Home Repair" (Warner Books, N.Y.)

Easy off the wall: To remove old wallpaper easily try using a paper stripper blade or a razor, lightly making slits in the paper on the wall. Soak a

thick, heavy, absorbent paint roller with hot water and roll over wall, making sure the water enters into the slits. Then slide the blade up the wall and peel off the old wallpaper. This trick works no matter how old the paper.

—ERIC JABKIN, Owner, *Wallpaper Mart*, New York, N.Y.

Trick for self-stick wallpaper: First, cut paper to fit specific area. Twist corner of the wallpaper until backing paper tears slightly away from the adhesive. Peel off 6" to 12" of backing at a time (especially when applying to walls and large objects). Make sure you align paper on a clean, even surface and smooth outward (from center to outer edges) to eliminate air pockets. Continue until entire area is covered. To remove stubborn air pockets, make a pinhole in the bubble and press your finger on it until it disappears.

—COMARK PLASTICS, *Free booklet available to Family Circle readers, "How to Hang Con-Tac® Plastic."* Write to: Comark Plastics, 3601 Hempstead Turnpike, Levittown, N.Y. 11756. Send stamped, self-addressed envelope. To page 79

Four of the nation's leading needlework experts, shown here and on the following pages, present favorite projects you can make. How-tos, page 114.

ERICA WILSON is well-known as a designer of needlework and author of six books on stitchery. Crewel is foremost among her specialties. She is also star of her own PBS television series, *Erica*, and writes a nationally syndicated needlework column. Born and raised in England, Erica studied at the Royal School of Needlework and later taught there. She came to the U.S. in 1954 and now makes her home in New York City with her husband, furniture designer Vladimir Kagan, and their three children. She is shown in her apartment with a crewel bouquet—one of her favorite subjects. "I love color," she says, "and I think of crewel as portable painting—it's a joy to mix the colors with a few simple stitches." For this floral picture, Erica has created the basket from interwoven ribbons and added a whimsical butterfly to the stitchery bouquet.

From Erica Wilson: Everlasting crewel bouquet



Needlework Projects From Famous Needleworkers

SEE BUYER'S GUIDE, PAGE 112



From Jean Ray Laury: Colorful lap quilt

JEAN RAY LAURY is one of the best-known names in handcrafts and folk art today. Her fabric artistry first appeared in magazines in the '60s; since then, she has written seven books and coauthored four more on subjects ranging from appliquéd and doll-making to the quilts and coverlets for which she is most famous. She has been contributing designs to *FAMILY CIRCLE* since 1970, and is shown here with a graphic lap quilt—just the thing for a wintry day. Jean is a full-time freelance artist who still finds time to teach. She is now preparing a one-woman quilt show for September. She lives in Fresno, Calif., with her husband, a sculptor, and has two grown children.

ALL PHOTOS BY
GORDON E. SMITH, EXCEPT
THIS PAGE, WHICH
IS BY KEN WHITMORE
HAIR AND MAKEUP FOR ERICA WILSON
AND ROSEMARY DRYSDALE ■ GARRY
DEZENDORF OF YVES CLAUDE HAIR,
425 MADISON AVE., NEW YORK CITY.



From Rosemary Drysdale: Knitted floral afghan



ROSEMARY DRYSDALE studied needlework and design in her native England. When she came to the United States in the mid-'60s, she worked as a knitting and embroidery consultant to major yarn and fabric companies. She has written several books on topics that include Blackwork embroidery and Fair Isle knitting. Rosemary is pictured here at the Abigail Adams Smith Museum House (New York City) with a knitted afghan that you can easily duplicate. The afghan is made in seven strips and then assembled; alternate strips are embroidered with bouquets of flowers. When she is not traveling to teach at seminars and needlework shows, Rosemary lives in New York City with her teenage daughter, Shona.



From Hope Hanley: Needlepoint sampler pillow

HOPE HANLEY started her career in art as a sculptor, but she transferred her appreciation of form and balance to needlework design. She is the author of eight books on needlepoint and creates geometric designs worked with basic stitches—"the kind of patterns anyone can do." The sampler-style pillow here is typical—it's made with the Brick stitch, Encroaching Gobelin stitch, and a woven-look stitch that she calls "Wicker." The needlepoint continues over onto the back, and the sides are finished with Hope's characteristic "binding" stitch. Hope grew up in Washington, D.C., and is the mother of two grown children; she now lives in Virginia with her husband. There she spends several days a week with charity groups and also finds time to lecture and teach workshops on the subject she knows best—needlepoint.

From expert hairdresser Louis-Guy D: Straight talk about hair: tips, tricks, techniques and truths



Ask anyone in the beauty business who is the last word on hair and the answer is apt to be Louis Gignac, or, as he is better known, Louis Guy D. This is the man who invented the coloring techniques of "tortoise-shelling" and "sunbursting," who started the popular wash-and-wear cutting trend, who is responsible for an incredible number of those gorgeous model heads you see on the covers and pages of magazines. Usually, only clients at Louis's Manhattan salon can get the benefit of his expertise, but now you can too. We've got the best of his pointers right here—advice on everything from hair care to how to talk to your hairdresser. It's straight talk from an expert, and it could really help make your hair look great!

WHAT'S FACT? WHAT'S FICTION?

Certain old wives' tales have been around so long, even the most sophisticated women believe them. Here are the truths behind the myths.

- Beer is a good rinse and setting lotion. Beer will not give your hair more body and shine. Just the opposite. It will make your hair duller, dry out the scalp and eventually create a dandruff problem.
- The more often you cut your hair, the faster it will grow. Cutting hair does not affect the growing cycle at all. However, split ends will slow down the average growth rate, so frequent trims are important in maintaining normal growth. What does speed up hair growth is warm weather, high fever or anything that generates excess body heat, such as regular, strenuous exercise.
- If you pull out one gray hair, five more will grow in its place. Only one hair grows at a time from each hair follicle.
- If you wash your hair every day, you will take all of the natural oils out. All shampoos are pH-balanced (even if the label does not say so) and this means they are specially formulated not to strip hair of natural oils.
- When hair reaches a certain length, it will stop growing. Hair growth never really stops. But there is a stage when hair reaches maturity where the growth rate is minimal. This may lead you to believe it has stopped growing although it has not.
- Lots of vitamin A will help make hair healthy and shiny. While an undersupply of vitamin A can cause hair to become dry and lifeless, too much can trigger hair loss. (EDITOR'S NOTE: The RDA for vitamin A is 4,000 I.U.s.)

HOW TO TALK TO YOUR HAIRDRESSER

Have you ever looked with dismay at your reflection in the hairdresser's mirror and said, "Oh, but you didn't do what I wanted?"



● Top: Louis's at-home Spearmint Rinse is great for creating shine and controlling oiliness. Boil one quart water with three heaping teaspoons spearmint leaves. Cool and refrigerate. Use as an after-shampoo rinse. ● Center: The best way to brush hair is to bend forward at the waist and brush away from scalp, starting at neckline and working toward front. ● Bottom: To add highlights to blond hair, try the Lemon-and-Lime Swizzle. Mix juice of one lemon and two limes with one ounce mild shampoo. Leave on 15-20 minutes while under dryer or in sun. Rinse out.

Somehow signals got crossed and your message didn't register. To prevent this from happening again, keep these guidelines in mind.

- Don't be shy about telling the hairdresser what you want. Be prepared to listen to his/her opinion, but if you choose not to go along with those ideas, say so. My advice is to ask any question that occurs to you, no matter how silly or ignorant you think it sounds. After all, it is your hair and the way it looks will affect how you feel about yourself.
- Make sure the hairdresser—not the shampooer—sees your hair when you walk into the salon. This will give him/her a better idea of how your hair usually looks.
- Always give the hairdresser as much information as possible about your hair. Explain how often you wash it, how you dry it, how you set and style it, how it reacts to different weather conditions. Discuss too how handy (or clumsy!) you are with hair tools, how much time you're willing to spend on your hair, what sort of life-style you lead.
- Once your hair has been cut and/or styled, ask for tips on styling—what brush to use, how to condition, different ways to change your look. A good stylist will always be willing to give you as many suggestions as possible.
- Bone up on this Haircutter's Glossary so you know what your stylist is talking about.

Health cut—a quarter-inch trim all around to get rid of split ends.

Shaping—an average one-inch cut, not more; the same as a trim.

Blunt cut—cut that's the same length all around with absolutely no layering or tapering.

Layered cut—hair is cut at different levels, either just a few or all over head.

Angled cut—shaped at an angle in front for softness and manageability.

- If you get a stylist that dictates, rather than communicates—run! Tell the manager of the shop that you'd like to switch to another stylist (or if need be, go to another salon). It might mean a moment's embarrassment, but the end result—a hairstyle you want—is worth it.

- Be realistic about what your hair can and cannot do. Many disappointed clients are often women who want the impossible—and they set themselves up for frustration.

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● Louis's advice for getting the most flattering cut begins with this pointer: Stand up in front of a full-length mirror with your hairdresser (see photo opposite). This way the stylist can judge your proportions in perspective and give you a cut that works with your body as well as your face. ● Top photo: Hair must be cut wet. When hair is dry, the stylist can't see the natural direction of the wave. The exception is frizzy hair. In this case it is easier to see growth, direction and movement when hair is dry. But directly after the cut, frizzy hair should be shampooed and the cut rechecked. ● Bottom photo: Part of the secret behind gloriously shining, silky, healthy hair like this is regular conditioning. Louis recommends never using a conditioner straight from the bottle. Mix an amount equal to the size of a quarter with a cup of hot water; apply to hair, starting two inches from the scalp (roots are oilier than rest of hair). Work down to tips with a large-tooth comb for even distribution.



PHOTOS: PAUL AMATO; MAKEUP: JULIE ARMACOST

"WOW! THIS IS A DIET!"



Left: Snacks like this tempting Honey Vanilla Shake are okay on the new Weight Watchers diet. Below: Two of the experts behind the revised program: Dr. Richard Stuart, Psychological Director, and Dr. Reva Frankle, Director of Nutrition.



From Weight Watchers: **Sensational New Diet Program**

Now enjoy
favorite foods
without guilt!

Even though they're quite successful with the diet plan they have now, Weight Watchers International is initiating a brand-new program this month. The reason: to suit today's life-style and comply with the latest health findings. The new plan includes foods that have traditionally been off-limits as well as popular cooking methods like stir-frying and sautéing. Find out the details plus recipes here.



Who says a diet has to involve deprivation? The new Weight Watchers diet allows you incredible choice—more than ever before—yet assures the same steady, safe weight loss that has made Weight Watchers so famous. This innovative new plan, which becomes the official Weight Watchers program this month, includes: □ One more serving of bread daily. You can select favorites like bagels, English muffins, frankfurter and hamburger rolls, hard rolls and tortillas every day instead of just once per week. And new to the list of "yes" grains are graham crackers, crisp breads, saltines and oyster crackers—all allowed daily. Also, popcorn, sweet potatoes and yams can be enjoyed up to three times per week. (Note: This extra serving of bread was added to comply with the Senate's Select Committee on Nutrition and Human Needs, Dietary Goals for the U.S.) □ More fruit choices. Selections now include apple juice or cider, grape juice, pineapple juice, and dried fruits like apricots, dates, figs and raisins. □ New protein selections. Although the portion sizes for meat, fish and poultry have been reduced to go along with the Dietary Goals, new proteins have been added. The big news here is peanut butter: 1 tablespoon at breakfast, 3 tablespoons at the midday or evening meal. Other first-time protein choices include tofu and liverwurst. □ "No-no's" that are now legal include champagne, red and white wine and beer up to three times a week! Other treats include olives, honey and fruit-flavored gelatin. □ New add-ons for cooking and garnishing: Barbecue sauce, shredded coconut, wine, grated cheese, imitation bacon bits, fructose, molasses. □ Different cooking methods. Previously, Weight Watchers recipes relied on broiling, baking, roasting, steaming. Now you may stir-fry or sauté dishes with vegetable oils.

Sound good? You bet it is!

Left: Just some of the foods you can enjoy on the new Weight Watchers program—beer, popcorn, peanut butter, crackers, olives, bagels, stir-fried dishes and a steak dinner with wine.

SAMPLE MENU PLANNER

*Starred recipes, see page 106.

DAY 1

Morning meal

1/2 medium banana
3/4 oz. ready-to-eat cereal
1 cup skim milk
Coffee or tea

Midday meal

Liverwurst 'n' cheese platter
(1-1/2 oz. liverwurst,
1 ounce American or
Swiss cheese, tomato
slices and dill pickle,
lettuce leaves)
1 slice rye bread
1 tsp. margarine
1/2 medium grapefruit
Coffee or tea

Evening meal

TANGY SHRIMP SAUTE*
1/2 cup cooked artichoke
hearts
1/2 cup steamed broccoli
Green salad with 1 tea-
spoon vegetable oil
plus cider vinegar and 1
tsp. imitation bacon bits
1 oz. enriched white roll
4 fluid oz. red or white
wine or champagne
Coffee or tea

Snacks, at planned times

1/2 cup chocolate-flavored

low-calorie milk

pudding with 1 tsp.

shredded coconut; 1/2

cup fruit salad

DAY 2

Morning meal

1 cup melon balls
1/3 cup part-skim ricotta
cheese
1 slice raisin bread
1 cup skim milk

Midday meal

3-4 oz. broiled calves' liver
1/2 cup sliced onion,
sautéed in 1 tsp.
margarine

1 cup cooked wax beans
with diced pimento
Sparkling mineral water

Evening meal

CRUNCHY CHICKEN "FRY"*

4 oz. baked potato
1 tsp. margarine

Lettuce and tomato salad
with 2 medium green
olives and 1 tsp.

mayonnaise
1/2 cup unsweetened
applesauce with 1 tbsp.
raisins

1/2 cup skim milk

Coffee or tea

Snacks, at planned times

HONEY VANILLA SHAKE*

1/2 cup strawberry-flavored
low-calorie gelatin with
1/2 cup strawberries

DAY 3

Morning meal

1/3 cup pineapple juice (no
sugar added)
1 poached egg

1 slice pumpernickel

1/2 cup skim milk

Coffee or tea

Midday meal

1/3 cup cottage cheese
3 melba toast rounds

Tossed salad with 1 tea-

spoon vegetable oil
plus tarragon vinegar
P-NUTTY "ICE CREAM"
SANDWICH*
1/2 cup skim milk
Coffee or tea

Evening meal

SCROD PORTUGUESE*
1/2 cup cooked chopped
spinach
Sliced radishes on lettuce
with wine vinegar and
herbs
1 small orange
1 cup skim milk
Coffee or tea

Snacks, at planned times

1 cup tomato juice;
10 oyster crackers

DAY 4

Morning meal

1/2 grapefruit
3/4 oz. ready-to-eat cereal
1 slice toasted whole-
wheat bread
1 tsp. reduced-calorie
preserves
1/2 cup skim milk
Coffee or tea

Midday meal

3-4 oz. broiled veal patty
1/2 cup steamed sliced
zucchini
Lettuce wedge with 1 tsp.
mayonnaise
"PUMPKIN PIE" PUDDING*
1 cup skim milk
Coffee or tea

Evening meal

HONEY STEAK ORIENTAL*
1/2 cup steamed broccoli
Green salad with lemon
juice
ORANGE SILK "PIE"*

Coffee or tea

4 fluid oz. red or white
wine or champagne

Snacks, at planned times

5 tbsp. plain unflavored
yogurt with 2 tbsp.
canned, crushed pine-
apple (no sugar
added), vanilla extract
and artificial sweetener

DAY 5

Morning meal

1/2 cup orange sections
1 oz. muenster cheese
1 slice toasted enriched
white bread
1 tsp. margarine
1/4 cup skim milk
Coffee or tea

Midday meal

RELISHED EGG SALAD*
1/2 cup alfalfa sprouts with
1 tsp. olive oil plus wine
vinegar
2 canned plums with 2
tbsp. juice (no sugar
added)

Club soda with lemon

Evening meal

3-4 oz. broiled sole with 1
tsp. margarine, melted
1/2 cup steamed
mushrooms

1/2 cup steamed sliced red
bell pepper
Hearts of lettuce with 2 tsp.
reduced-calorie

salad dressing
1/4 cup skim milk
Coffee or tea

Snacks, at planned times

3/4 cup plain unflavored
yogurt with 1 tsp. maple
syrup; 1/3 cup grape
juice (no sugar added);
2 cups plain popcorn

DAY 6

Morning meal

1 cup strawberries
1 serving hot cereal, 3/4
oz. uncooked
3/4 cup skim milk
Coffee or tea

Midday meal

WICKED COCONUT
CHICKEN*

Green pepper rings on
lettuce with 1 tsp.
mayonnaise
1 oz. pita bread
1 tsp. margarine
Coffee or tea

Evening meal

3-4 oz. roast pork
1 cup cooked bean
sprouts with 1/4 cup
canned water chestnuts
Green salad sprinkled with
1/2 tsp. sunflower seeds
plus 2 tbsp. plain unfla-
vored yogurt
1 slice pumpernickel
2 canned pineapple
slices with 2 tbsp. juice
(no sugar added)
Coffee or tea

Snacks, at planned times

4 canned apricot halves
with 2 tbsp. juice (no
sugar added); 1 cup
skim milk; 2 graham
crackers (2-1/2 inch
squares)

DAY 7

Morning meal

3 medium dried prunes
1/3 cup cottage cheese
1/2 small enriched bagel
1/4 cup skim milk
Coffee or tea

Midday meal

3/4 cup onion bouillon
1 oz. Swiss cheese
1 hard-cooked sliced egg
Watercress and radish
salad with 2 tsp. vege-
table oil plus herb
vinegar
1/2 cup orange and grape-
fruit sections
1/2 cup skim milk
Coffee or tea

Evening meal

PASTA PARMESAN WITH
TURKEY*
Tossed salad with 1 tsp.
olive oil plus lemon
juice and garlic
12 fluid oz. light beer or 8
fluid oz. regular beer
1/4 cup skim milk
Coffee or tea

Snacks, at planned times

1/2 cup canned fruit cock-
tail (no sugar added); 1
cup skim milk with 1 tsp.
unsweetened cocoa;
artificial sweetener

What to do When You're Tempted to Binge

A 5-Step Behavior
Modification Technique from
Dr. Richard Stuart,
Psychological Director of
Weight Watchers
International

Next time you have the urge to
eat madly, try this binge-control
technique, used by members of
Weight Watcher classes.

1. Distract yourself. Break
your preoccupation with eating
by making a change in your
environment and your activity.

**2. Wait 10 minutes before you
begin to eat.** Not only will this
give you an opportunity to be-
come interested in other things, it
will give you proof that you are
in control—and that renewed
self-confidence can help you to
limit your eating.

3. Eat a non-favorite food. By
eating something you don't love,
you are less likely to eat lots of it
and thus, do less damage to
your diet. But even more impor-
tant, if you eat a favorite food
when you shouldn't, you are, in
effect, rewarding yourself for
going off your diet.

**4. Take the smallest possible
quantity of food** when you do
eat—and go to the table to eat it.
For instance, take a slice of
bread, close the package, return
it to its proper place and sit and
eat it at the table. If you want
more, go back, take a second
slice, but repeat the same rou-
tine. This will help you keep
track of how much you eat and
help you to stop yourself.

5. Don't dwell on your binge.
Consider it water over the dam
and begin immediately to follow
your original eating plan.

Extra tip: Since most binges are
triggered by negative moods, try
to dispel that mood through
physical activity. This will help
alter your body chemistry and
weaken the biological grip of a
bad mood.

From famous designers: Expensive looks to make inexpensively

All diagrams and instructions included

RUFFLED CARDIGANS

Under \$30

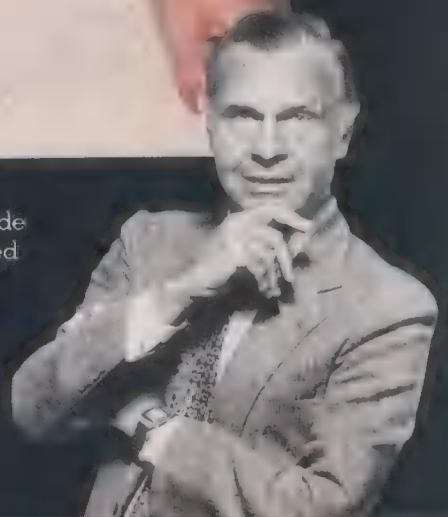


About \$20



Bill Blass

is known for his elegant designs, like these handmade sweaters. Above: This feminine, ruffle-collared cardigan is crocheted from a linen and cotton bouclé; we've provided a mail-order source so that you can duplicate the sweater exactly. (Under \$30.) Inset: Crocheted ruffles enhance this knitted sweater. The nubby texture comes from a thick and thin yarn by Reynolds. (About \$20.)



To give you the very best in fashion, we went straight to the top—and saved you some money along the way! Following our how-to's and diagrams, you can easily duplicate the designs of Bill Blass, Perry Ellis, Diane Von Furstenberg and Mary McFadden for a fraction of what it would cost to buy them—a great way to add designer clothes to your wardrobe. How-to's, page 82.

CABLE SWEATER

About \$23



Perry Ellis's

handmade sweaters are always the standouts in his collections. Here is his design for an easy-to-make sleeveless sweater, with two cables going down the front. It's knitted in stockinette stitch, using three strands of cotton. This sweater is made in one of the earth colors that Perry favors; of course, you can choose any color you like to make the sweater truly your own. (About \$23.) Galler yarn



WRAP BLOUSE

About \$8



Diane Von Furstenberg

has made a name for herself by creating clothes that are simple yet sexy. Her design for us is no exception—it's an asymmetrical wrap blouse featuring a contrasting color on one lapel. And it's so smashing that no one will guess how easy it is to sew! For best results, use knit fabrics in a zingy color combination, like our purple and red. (About \$8.)



FLOWERY FASHIONS

Under \$10

About \$20.50

SEE BUYER'S GUIDE, PAGE 112



Mary McFadden's hand-painted fabrics

add drama to her clothing designs. Here, two outfits made from pillowcases Mary has designed with a hand-painted feeling. Above: Channel quilting (a McFadden trademark) on a vest (About \$7.50.) Skirt made from two pillowcases (About \$13.) Inset: A side-buttoned chemise (Under \$10.) Linens Martex



From
newspaper
food editors:

Readers' Favorite Recipes

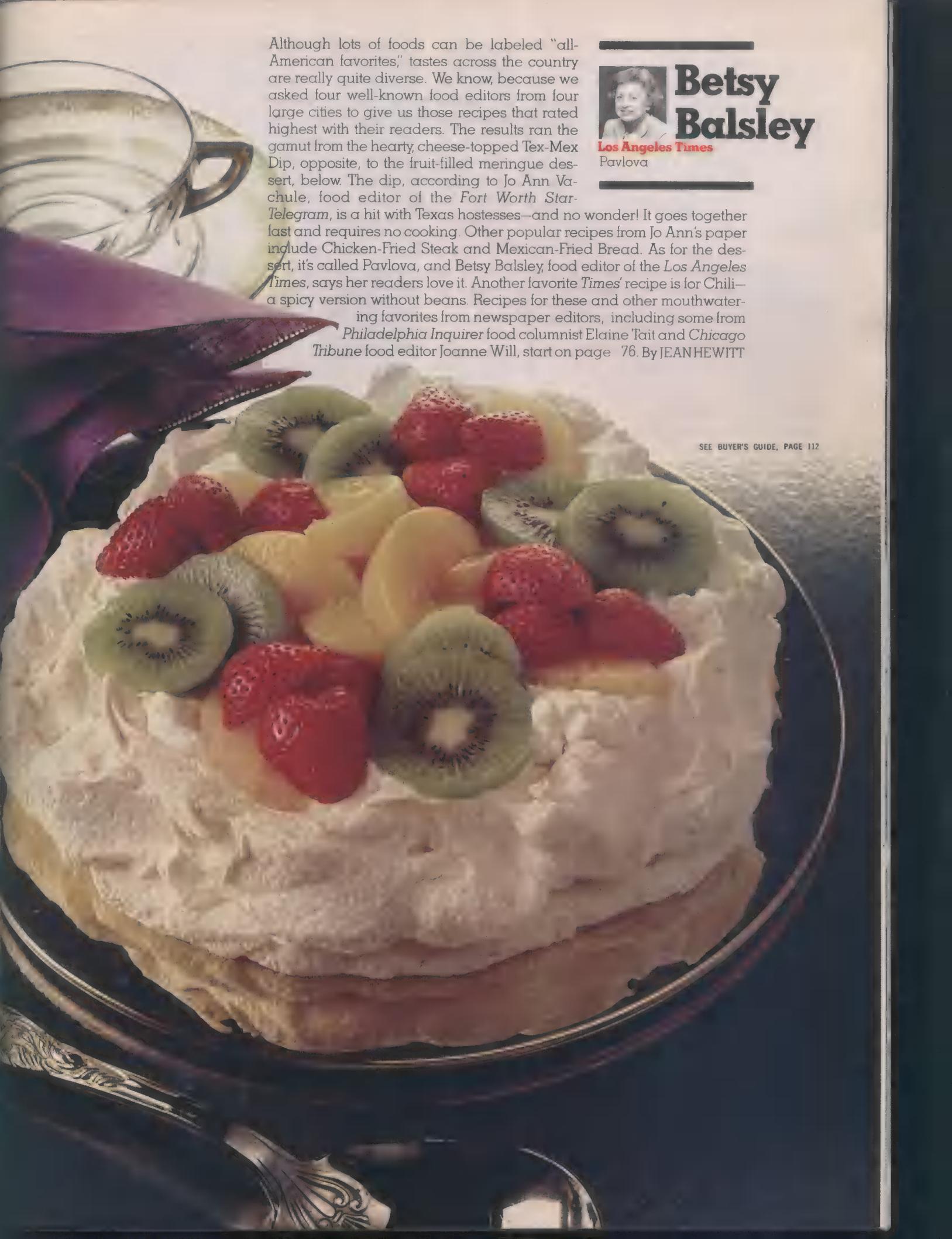


**Jo Ann
Vachule**

Fort Worth Star-Telegram
Tex-Mex Dip



GORDON E. SMITH



Although lots of foods can be labeled "all-American favorites," tastes across the country are really quite diverse. We know, because we asked four well-known food editors from four large cities to give us those recipes that rated highest with their readers. The results ran the gamut from the hearty, cheese-topped Tex-Mex Dip, opposite, to the fruit-filled meringue dessert, below. The dip, according to Jo Ann Vachule, food editor of the *Fort Worth Star-Telegram*, is a hit with Texas hostesses—and no wonder! It goes together fast and requires no cooking. Other popular recipes from Jo Ann's paper include Chicken-Fried Steak and Mexican-Fried Bread. As for the dessert, it's called Pavlova, and Betsy Balsley, food editor of the *Los Angeles Times*, says her readers love it. Another favorite *Times*' recipe is for Chili—a spicy version without beans. Recipes for these and other mouthwatering favorites from newspaper editors, including some from *Philadelphia Inquirer* food columnist Elaine Tait and *Chicago Tribune* food editor Joanne Will, start on page 76. By JEAN HEWITT



Los Angeles Times
Pavlova

Betsy Balsley

SEE BUYER'S GUIDE, PAGE 112

The Experts' Guide to Growing "Blue Ribbon" Houseplants

Whether you're just getting into begonias, wiring a bonsai or trying to pep up your peperomias, the experts here can help. From their years of experience comes advice that will have you growing prizewinning plants in no time. By ELVIN McDONALD



From Elda Haring: Tips on the "King" of Begonias.

Elda has been growing begonias for over 30 years and contributes regularly to *The Begonian*, the monthly publication of the American Begonia Society. Her favorite begonia is the Rex (King) because of its spectacularly colored leaves.

- For beginners, she recommends 'Vista', 'Peace' and the small-leaved 'Shirt Sleeves'. A real beauty, 'Merry Christmas' is a bit more difficult. • 'Merry Christmas' reacts in winter the way other rexes sometimes do when subjected to sudden changes in environment. Leaves drop, but the plant isn't dead; it's semi-dormant. If this happens, place in bright light, but not direct sun, and keep on the dry side. In three to four months, growth will start again.
- In the north, rexes like southeast window light; in the south, a bit more shade. Too much light fades leaves; too little and the leaf stems become long and spindly. They also do well in a fluorescent light garden (one Warm White and one Cool White tube left on 14-16 hours daily). Set plants so their leaves are six to eight inches below the tubes.
- For lots of colorful foliage, remove the plant's buds as they form so all the energy goes into leaf production instead of bloom.
- Don't mist rexes because water tends to damage their hairy leaf surfaces.
- Rexes like a light, non-acidic soil mix. Too much acid can cause faded leaves; correct that by watering once a month for three months with a solution of one teaspoon lime in a quart of water.



From Jack Wikle: Tips on Bonsai.

Jack, a naturalist-educator at Hidden Lake Gardens in Tipton, Mich., is an authority on growing bonsai indoors all year.

- For indoor bonsai, he recommends: creeping fig (*Ficus pumila*), miniature ivies, dwarf honeysuckle and dwarf Greek myrtle, Satsuki azalea, rosemary and false heather (*Cuphea hyssopifolia*).
- Creating bonsai is a process of discovering and accentuating a plant's most pleasing qualities. You take a plant and cut away or reposition everything that doesn't look like an old or interesting tree!
- For best drainage, sift soil ingredients through a piece of window screening and discard anything that passes through. He uses two parts each of sphagnum peat moss and vermiculite to one part coarse sand.
- Get acquainted with the plant before you start cutting: tip, turn, rotate, till you find a view you like.
- Before potting, cut off the branches you don't want and whatever soil and roots necessary to fit the plant in the container. Remove about as many roots as branches, leaving a nucleus of undisturbed roots and soil at the base.
- To keep the plant from tipping out of the container at first, slip large rubber bands over pot and roots.
- Use straightened paper clips to wire branches you want to reshape, instead of investing in expensive copper wire.
- Bonsai do well in light gardens or a sunny to half-shady window. They need to be watered every day.



From Virginia Zart: Tips on Peperomias. About three years ago, Virginia, a legal secretary in Chicago, discovered several unusual, small-growing peperomias and has been collecting ever since, especially miniatures.

- Her favorites include 'Little Fantasy', a close-packed mound of tiny rippled bright green leaves; slow-growing *P. dolabriformis*; tiny-leaved, half-inch high *P. 'Pixie'*, perfect for ground cover in a terrarium; *P. trifolia*, especially good for hanging.





MEXICAN BUTTERWORT



TRAINED IVY



MAIDENHAIR FERN

From Richard Douglas: Tips on Palms. Dick is a commercial-airline pilot who has been specializing in palms for about 20 years and is vice-president of the Palm Society. • Among his favorite palms are two that are very good for beginners: *Chamaedorea elegans*, dwarf or parlor palm, and *Rhapis excelsa*, lady palm; *Chamaedorea seifrizii*, reed palm, grows so fast that it may reach the ceiling in five years. • Palms are adaptable, but they don't like extremely dark corners. • Palms need a lot of water, but don't let them stand in it. In dim light or temperatures below 65°, keep the soil a little on the dry side. • The potting mix should drain excess water promptly. A good recipe is two parts packaged all-purpose potting soil to one each of well-rotted leaf mold and clean, sharp sand. • Shower monthly to clean the fronds and mist daily especially during the winter heating season up north. • If you tend to be overly generous with fertilizer, mend your ways or you'll have browned frond tips! Halve the amount of fertilizer recommended on the package and don't feed more than every two weeks.



From Bette Waterbury: Tips on Philodendrons.

Bette serves, in season, as a nurse at Hialeah Race-track in Florida, but philodendrons are her real love. She recently served as first president of the International Aroid Society. • Her favorites are the variegated philodendrons: *P. sodiroi*, *P. grazielae*, 'Burle-Marx's Fantasy' and *P. warscewiczii* *flavum*.

• Philodendrons will survive but won't thrive in low light. Rotate them in and out of good light, whether it's under trees outdoors, in a window or light garden. • Philodendrons like a loose soil. Bette uses a mix of equal parts sphagnum moss, coarse vermiculite and pine bark chips or shredded tree fern bark. In the north, add an extra portion of moss to help retain more moisture. • Moisten the soil well before fertilizing or leaves may develop unsightly spots. • Shine leaves with a mixture of half milk and half water; it doesn't block pores or collect dust. • Climbing philoden-



FLOWERING HOYA

ing baskets; creeping *P. hoffmannii*, and *P. rubella* because of its unusual reddish hue. • Peperomias are very adaptable—to a shady window or a light garden. Observation is the key: A light-starved peperomia looks pale, like iceberg lettuce in the middle of winter. Too much light causes yellow leaves, if not outright burn spots. • Water rather freely, but avoid extremes of wet and dry. If the lower leaves of your peperomia tend to drop off, you may be watering too much. Let soil dry slightly between waterings and try potting in a very loose mix, like unmilled long-fibered sphagnum moss, so drainage is improved. • Lackluster peperomias often just need a bit of grooming. Remove dying or discolored leaves where stems join the main stem or center of plant. Shower the remaining leaves clean with tepid water. • Rosette types, such as "Emerald Ripple," need to be divided periodically; set them in a pot with the lowermost leaves emerging at soil level. • Clay pot saucers, with a drainage hole drilled in the bottom, make excellent containers for peperomias.

drons thrive on a pole made of half-inch wire hardware cloth stuffed with sphagnum moss; it holds moisture better than other types of supports. • If the new leaves on your split-leaf philodendron are growing in smaller and not split, the plant needs stronger light and more support on which to climb.



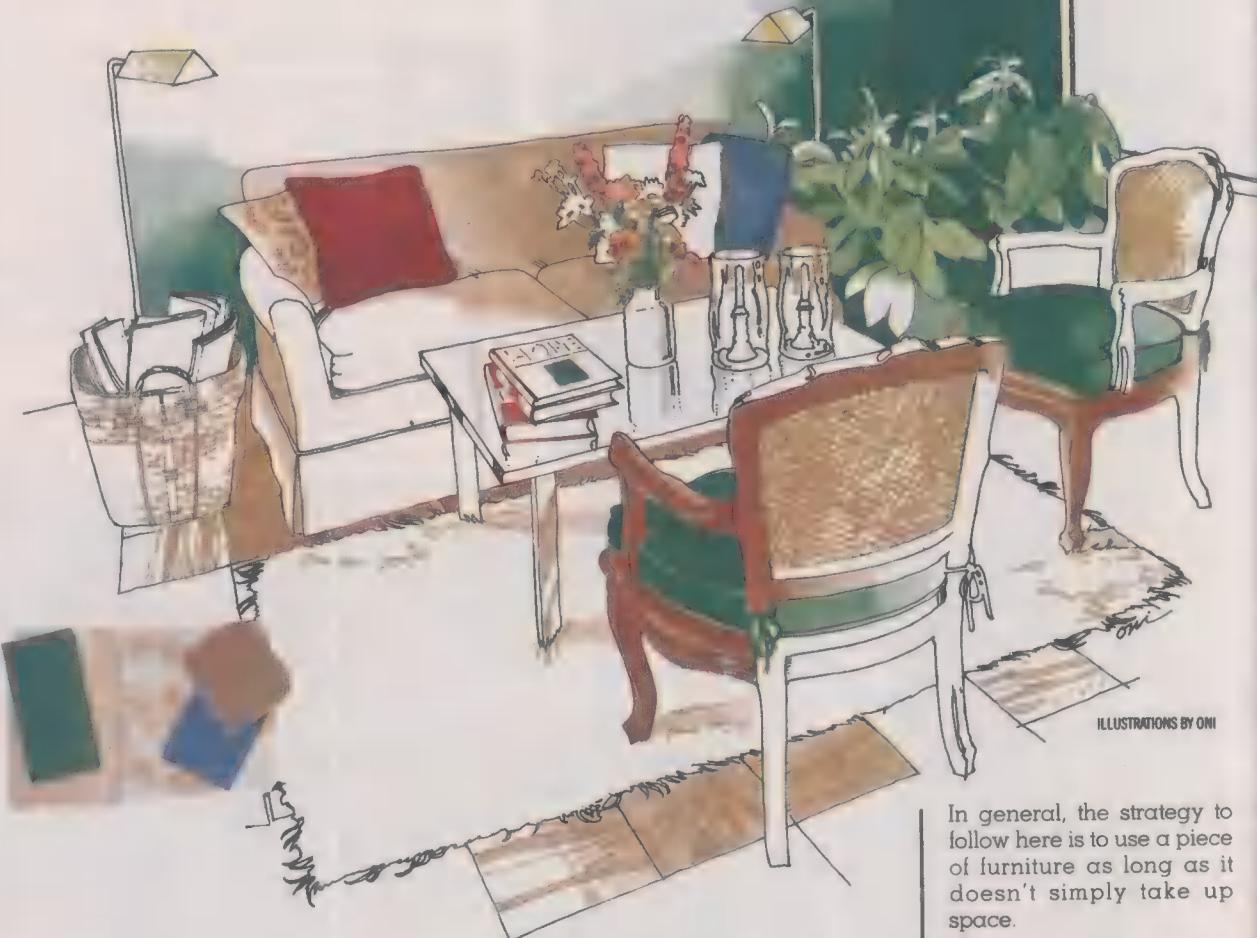
From Thomas A. Fennell III: Tips on Spathiphyllums. Tom is actively involved with plants, not only at home but at his family's business, Orchid Jungle.

• His favorites range in size from *S. Clevelandii* (15-24") with thin leaves and small pure white flowers to *'Mauna Loa'* (4-6'), with white flowers six to 12 inches long and half as wide and rounded, heavy leaves. *'Mauna Loa'* can start blooming when it's small, in a six-inch pot with 12-inch leaves. • Spaths have fewer problems than almost any other houseplant. They're very tolerant, adjusting to, and blooming To page 108

From the experts:

**Carleton
Varney**

answers your
decorating
questions



Carleton Varney is one of the best-known decorators in the United States. His syndicated column, *Your Family Decorator*, appears three times weekly in newspapers around the country. He gives his readers—and the audiences who attend his lectures and read his books—down-to-earth, easy-to-follow decorating advice, ideas that can be put into practice without the help of a professional decorator. Since 1965, he has headed Dorothy Draper & Company, Inc., a New York-based decorating firm. His designs have enlivened some of the world's top hotels, and his talents have been put to use styling White House functions. Here he answers some of the most-asked decorating questions.

• **Do I have to use small-scale furniture in a small room?**

Not necessarily. Large pieces of furniture are fine if you make them *functional* (see illustration above). For instance, a big wood or glass-top coffee table works well when you use it to hold a pile of books, a tea service, a bowl of fruit. The same goes for a large sofa. If you make it the focal point of the room and set it up to look comfortable and inviting with plump pillows and an afghan or quilt over the back, it will look super.

In general, the strategy to follow here is to use a piece of furniture as long as it doesn't simply take up space.

• **Can plaids and prints be mixed? How do I go about it? And how many patterns can I use in one room?**

Yes—plaids and patterns can definitely be mixed (see illustration opposite page, top). The key here is to coordinate your colors. If you've got a green, red, yellow and black plaid, choose a print that picks up those colors—big yellow flowers and green leaves on a red background, perhaps. As for mixing prints within a room, you must remember to keep the scale of



the patterns in mind. Don't cover everything with gigantic prints; vary the sizes. If you have a room with pale blue walls, try hanging a large-scale flower print in blue, yellow and white at the windows. Cover the sofa with a smaller trellis print in blue and white, and upholster a chair in a tiny yellow and white daisy pattern. Again, color theme is important and will help pull the various prints together.

• What colors should I use in a small room?

That depends on whether you want to visually enlarge the room or make it cozy and warm. For the former effect, use light colors (see illustration, far right, middle). Apricot, cantaloupe and sherbet tones of pineapple, lime, orange and lemon are especially pretty and popular right now. Then, paint the woodwork and ceiling white to

achieve a spacious, airy effect and cover furniture in pale or cool shades. If you want a cozy mood, try the scheme shown in illustration at lower right, with lacquer-brown walls. Or, for another look, paint the walls a rich, deep color like racing green. Stain window and door trim a walnut wood tone. Furniture this time should be bright and jewel-like—a tomato-red carpet for the floor maybe, a sofa covered in a red, navy, green and yellow plaid, walnut end tables and shiny brass lamps.

• Much of our furniture is contemporary, but we've got some period pieces we can't part with. How do we mix different styles of furniture for a pleasing effect?

Basically you should stick to one main style, then add a few touches of another. Antique tables and accessories would be beautiful with your contemporary upholstered sofa and chairs—and the reverse is true, too. Or, simply add a beautiful Victorian rocker or pine chest to a modern room. As long as one style sets the theme and you don't try to use half of this, half of that, the result should be lovely.

To page 102





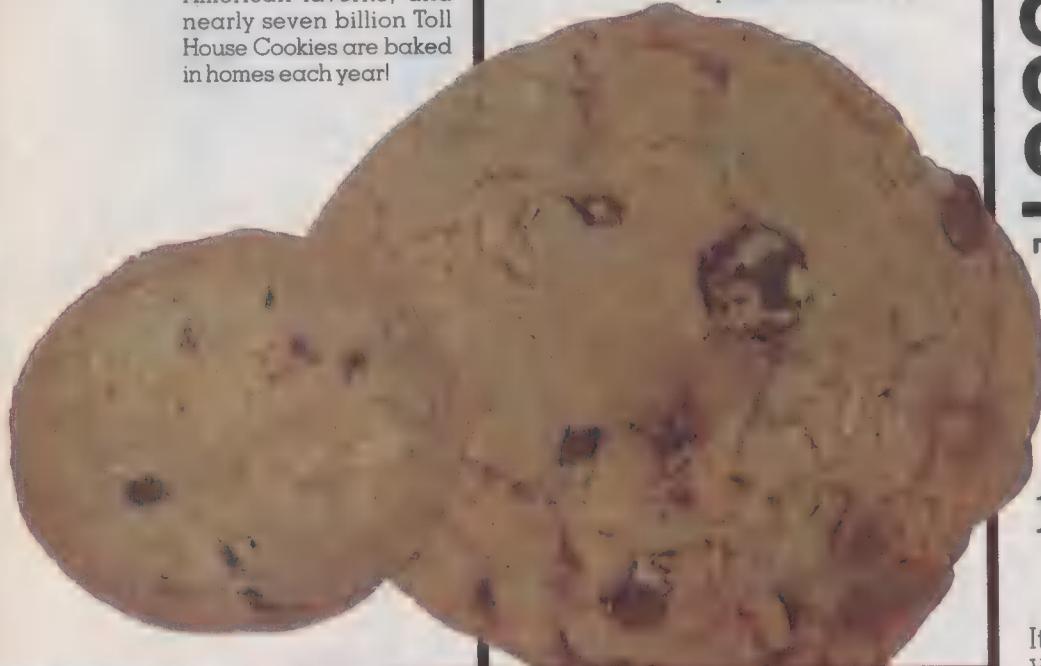
**1. Toll House
Chocolate Crunch
"The Original"
Ruth Wakefield**

The legendary Toll House® Cookie got its name from the restaurant Ruth Wakefield and her husband owned in Whitman, Massachusetts. After 50 years, it's still the American favorite, and nearly seven billion Toll House Cookies are baked in homes each year!



**2. Chocolate Chip Mix
Marian Burros**

If making chocolate chip cookies from scratch just takes up too much time, this convenient mix is for you. It can be stored in the freezer for up to six months. (Marian Burros is Food Editor for the *Washington Post*, Consumer Reporter for NBC-TV.)



**3. Cookie Connection
Jacqueline Rozanski**

Jacqueline Rozanski owns the Cookie Connection in Harborplace, Baltimore, Maryland. Her commercial recipe, which won her the spot in Harborplace over 28 other contestants, remains a secret, but here's a version she says, "home cooks can make."



**4. Brandywine
Chocolate Chip
Gertrude Lilian Tomic**

These unique "sandwich" chocolate chips won Gertrude Lilian Tomic of Wilmington, Delaware, a place in a nationwide chocolate chip cookie contest. In fact, her recipe is in *The 37 Best Chocolate Chip Cookies in America*. (American Reflections, Princeton, N.J.).



From the experts: The World's Best Chocolate Chip Cookies

Try them
all and
pick a
favorite

It all started in 1930 when Ruth Wakefield of Whitman, Massachusetts, ran out of nuts the day she was baking cookies. Not to be undone by this little mishap, she dropped broken pieces of chocolate into the dough instead. Much to her surprise, the chocolate did not melt, but stayed crunchy and whole. Word got around and soon after, a chocolate manufacturer came out with special chocolate morsels to use in baking cookies. Mrs. Wakefield's original recipe was put on the package, and it wasn't long before chocolate chip cookies became the cookie to enjoy. Here, the best of the best, from Mrs. Wakefield's classic recipe to a scrumptious new variation that's filled with a brandy-laced frosting and glazed with more chocolate. Recipes, page 94. Produced by MARIAN BURROS



**5. Chicago Crunchy Chocolate Chip
Mary Bogie**

Mary Bogie, a retired Chicago school-crossing guard who now lives in Lowell, Indiana, won a *Chicago Sun-Times* contest with this special crunch recipe. What's her secret? Cornflakes!



**7. Chocolate Chip Whole-Wheat
Maida Heatter**

As author of the Maida Heatter's *Book of Great Chocolate Desserts*, Maida Heatter really knows her chocolate chips. Here's a tasty recipe that calls for whole-wheat flour.



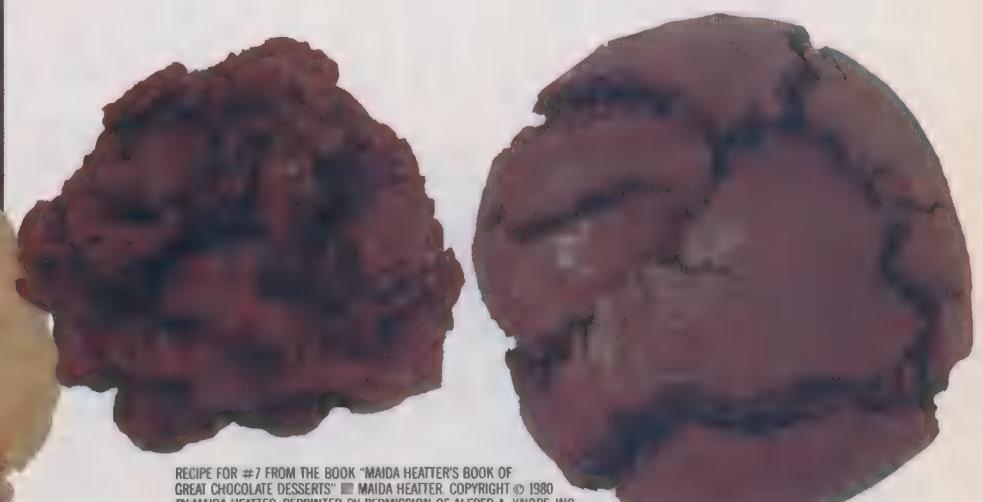
**6. Washington, D.C.,
YWCA Facsimile
Carol Finkelstein**

Washington, D.C.'s, best-loved chocolate chip cookies are made at the downtown YWCA, but their secret recipe has never been revealed. Carol Finkelstein came up with a near-perfect facsimile—this recipe, which became the most asked-for recipe in the *Washington Post's* history!



**9. Mocha Cookies
Maida Heatter**

If you love all kinds of chocolate, try these! Maida uses unsweetened, semisweet and chocolate chips, plus coffee for a mocha flavor.



**8. Oatmeal Cookies
Maida Heatter**

In this cookie, Maida combines two favorites, the oatmeal cookie and chocolate chip, into one. The result—a cookie duo that can't be beat!

RECIPE FOR #7 FROM THE BOOK "MAIDA HEATTER'S BOOK OF GREAT CHOCOLATE DESSERTS" ■ Maida Heatter. Copyright © 1980 by Maida Heatter. Reprinted by permission of Alfred A. Knopf, Inc. RECIPES FOR #8, 9, 10 FROM THE BOOK "MAIDA HEATTER'S BOOK OF GREAT DESSERTS" ■ Maida Heatter. Copyright © 1965, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974 ■ Maida Heatter. Reprinted by permission of Alfred A. Knopf, Inc.

Helpful Hints to Show 'Em You Love 'Em

By Mary Ellen Pinkham

On Valentine's Day and all the year long, don't only tell 'em—show 'em how much you care.

For Grandparents

• *Picture This:* Make your own greeting card in a flash by taking a snapshot of your children holding a sign saying "Happy Valentine's Day" or any other desired message. You are not only sending a greeting, but an up-to-date photo of your kids, which can mean a lot to faraway grandparents.

For Your Mother

• *It's Questionable:* Nobody has to know your mother's age, so be discreet about the number of birthday candles on her cake by placing them in the form of a question mark.

For the Kids

• *The Buck Pops Here:* Let that special child in your life know how much you care by sending him or her this clever gift. Roll up a dollar bill and insert it into a balloon. Mail it along in a card with instructions to blow up and pop.

• *The Finishing Touch:* If your child likes to ride his tricycle on your driveway but rides too close to the street for safety, paint a white line across the driveway a safe distance from the street. Explain to him that it's the "finish line" and not to go any farther, because he's the dearest person in the whole wide world.

• *Staying in the Picture:* Help your children remember relatives that they rarely get a chance to see. Keep a bulletin board filled with photos of aunts, uncles, cousins and other relatives who are scattered all over the country. Then, when their names come up in your conversation, or the kids get a chance to talk to them on



the phone, those distant relatives will really seem like family.

• *Those Were the Days:* Before you move to a new house, take photos of the house you are leaving and of your children's friends, the old school and anything else they will have fun looking at months, even years, later.

• *Coney Island:* Prepare your favorite cake mix according to directions. Half fill ice-cream cones, the kind with flat bottoms, with cake batter and arrange in muffin tins. Bake at 350° for 20 minutes, cool and add a scoop of ice cream, or frost and decorate. Just wait for the "Mommy, I love you's."

For Your Pets

• *Show off Your Pets:* Put reflector tape on your dog's or cat's collar to help cut down the danger of your

pet's being struck by a car at night.

rise. Brush

generously with egg yolk mixed with 1/4 tea-

spoon of water. Sprinkle on birdseed mixture and pat seed down carefully so it will stick. Bake at 350° until brown. Let cool. Tie a bow around the pinched part with a one-yard length of ribbon. Place outside in a nearby tree.

For the Birds

• Help make the nesting for your feathered friends easier by providing building materials. Collect lint from your dryer, bits of string, yarn from your sewing basket and hair from your brush. Fasten together very lightly and attach to a tree branch.

• Mesh onion bags are good for holding suet. Just attach to a pipe cleaner and hang them from tree branches.

• This easy bread wreath also makes a great gift for the bird lovers in your life: Use one loaf of frozen bread dough per wreath. Let the dough thaw until just soft enough to work with. Preheat oven to 350°. Divide each loaf into three ropes by cutting lengthwise. Using flour on your hands to prevent sticking, roll out each rope to a 20-inch length. Pinch the ropes together at one end, then braid carefully. Form into a wreath on a greased baking sheet, making sure the ends are pinched securely. Cover with a towel and let

For Friends

• *Great Expectations:* As soon as you know a friend is expecting, start a scrapbook of current events. Fill it with clippings of news headlines, fashion photos, food and movie ads, pictures of cars and famous people. The final page can be left for the front page of the newspaper on the day the baby is born.

• For the father-to-be, give a waiting-room kit. Fill a box with change for the telephone, telephone numbers of close relatives and friends, cigars, gum, matches, his favorite magazine and whatever else you can think of.

• *Keep in Touch:* Give friends who are moving away a pack of postcards from the post office before they leave. Write your address on them to ensure that you won't lose touch.

• *Unexpected Bonus:* When a friend requests a special recipe of yours, you can turn it *To page 98*

MARY ELLEN PINKHAM
is the author of the best
sellers "Mary Ellen's Best
of Helpful Hints" and
"Mary Ellen's Best of
Helpful Kitchen Hints."



Today, we helped Kim
start learning how to chew.

Kim has two front teeth! So today, something new is on the menu... Gerber Junior Beef & Egg Noodles. Like many of the more than 50 Gerber Junior varieties, the Beef & Egg Noodles that Kim is enjoying today have tender food particles to encourage chewing. And most of Kim's favorite strained varieties of fruit, vegetables, meats, vegetable-meat combinations and desserts are also available in Junior foods. Because at Gerber, we feel very strongly that a varied diet is the best way to insure good nutrition now and good eating habits later on.

Like each of the more than 30 million babies we've helped feed since we began, Kim seemed to grow up overnight. In a few months, it will be time for Toddler Meals. And if we know Kim, it will happen in the blink of an eye.



Gerber

Babies are our business...
and have been for over 50 years.
Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.



Get saucy with your sandwich.

Spread on the tangy KRAFT Sandwich Spread. And taste the zip. Bits of pickle and pimento smoothed into a rich, creamy sauce make it the sauciest spread this side of your sandwich!

So the next time you make a sandwich, make it saucy. KRAFT Sandwich Spread.

spooning meringue higher on side to make a hollow to hold cream and fruit.

- Bake in a very slow oven (250°) for 1 hour. Turn off oven and allow meringue to cool in oven. Loosen meringue layer from cookie sheet with a long spatula. Place on serving dish.
- To assemble: Beat heavy cream in a small bowl until stiff; fill center of meringue with cream; decorate top with fresh kiwi fruit, strawberries, well drained sliced peaches and pineapple slices, cut in half, or other fruits of your choice.

BOURBON POUND CAKE (Chicago Tribune)

Moist and crunchy with nuts and with just enough bourbon for good taste.

Bake at 350° for 1 hour and 30 minutes. Makes 16 servings at 34¢ each.

½ cup finely chopped pecans
8 eggs, separated
3 cups sugar
2 cups (4 sticks) butter or margarine, softened
2 teaspoons vanilla
2 teaspoons almond extract
3 cups sifted all-purpose flour
½ cup bourbon

- Generously butter a 10x4-inch tube pan; sprinkle pecans over bottom of pan (or, if you wish, fold into cake batter, step 4). Preheat oven to moderate (350°).
- Beat egg whites until foamy-white and double in volume in a medium-size bowl; gradually beat in 1 cup of the sugar until meringue stands in firm peaks.
- Beat butter and remaining 2 cups sugar in a large bowl until light and fluffy. Add egg yolks, one at a time, beating thoroughly after each addition. Stir in vanilla and almond extract.
- Add flour alternately, in thirds, with bourbon, beginning and ending with flour; beat until smooth. Fold in meringue; fold in pecans, if using here. Spoon mixture into prepared pan.
- Place pan on bottom shelf in a preheated moderate oven (350°). Bake for 1 hour and 30 minutes, or until top springs back when lightly touched with fingertip. If top of cake is browning too quickly place a piece of aluminum foil loosely over top. Remove from oven; cool cake in pan on wire rack 15 minutes. Loosen cake around the edge and tube and down sides with a spatula; turn out onto wire rack; cool completely. Dust with 10X (confectioners') sugar, if you wish.

naise and taco seasoning mix in bowl.
2. To assemble: Spread bean dip on a large shallow serving platter; top with seasoned avocado mixture; layer with sour cream-taco mixture. Sprinkle with chopped onions, tomatoes and olives; cover with shredded cheese. Serve chilled or at room temperature with round tortilla chips.

TUI'S PAVLOVA (Los Angeles Times)

Tui Flower, food editor of the New Zealand Auckland Star, gave the Los Angeles Times this recipe for her country's national dessert, a light and showy meringue that is wonderful topped with any fruit in season.

Bake at 250° for 1 hour.
Makes 8 servings at 60¢ each.

4 egg whites, at room temperature
1 teaspoon vinegar
¼ teaspoon salt
1 cup sugar
1 teaspoon vanilla
1 cup heavy cream
Fresh fruit or canned drained fruit of your choice

- Grease and lightly flour a cookie sheet. Mark an 8-inch circle. Preheat oven to very slow (250°).
- Combine egg whites, vinegar and salt in a large bowl. Beat with electric mixer until foamy-white and double in volume. Gradually add sugar, 1 tablespoon at a time, beating at high speed after each addition until meringue stands in stiff peaks.
- Spread meringue mixture on prepared cookie sheet within the marked circle,

FISH MARKET APPLE PIE (Philadelphia Inquirer)

Marilynn Marter, who writes the question and answer column for the Philadelphia Inquirer food section, worked out this recipe for a local restaurant's famous apple pie. It was printed in early spring of 1978 and hundreds of requests for reprints continue to come in.

Bake at 450° for 10 minutes, then at 350° for 50 minutes.

Makes 8 servings at 70¢ each.

Crust:

1 ¼ cups sifted all-purpose flour
¼ cup sugar
1 teaspoon ground cinnamon
½ teaspoon salt
¾ cup butter
¾ cup water

To page 78

READERS' FAVORITE RECIPES Shown on pages 66-67

• For meaning of recipe symbols, see page 26.

TEX-MEX DIP (Fort Worth Star-Telegram)

Since this recipe ran there hasn't been a party given in Fort Worth that hasn't included this dip as the main attraction. It really got rave notices when it was printed as the Reader Recipe of the Week, submitted by Mrs. Don Leaman of Fort Worth. Makes 16 appetizer servings at 73¢ each.

3 medium-size ripe avocados
2 tablespoons lemon juice
½ teaspoon salt
¼ teaspoon pepper
1 cup (8 ounces) dairy sour cream
½ cup mayonnaise or salad dressing
1 package (¼ to 1 ½ ounces) taco seasoning mix
2 cans (10 ½ ounces each) plain or jalapeno-flavored bean dip
1 large bunch green onions with tops, chopped (1 cup)
3 medium-size tomatoes, cored, halved, seeded and coarsely chopped (2 cups)
2 cans (3 ½ ounces each) pitted ripe olives, drained, coarsely chopped
1 package (8 ounces) sharp Cheddar cheese, shredded
Large round tortilla chips

- Peel, pit and mash avocados in a medium-size bowl with lemon juice, salt and pepper. Combine sour cream, mayon-

"The Bread Spread" puts the extra *OH!* in the California Avocado.

The cool, mellow temptation of the California Avocado. Plus the little extra zip that comes with the touch of Miracle Whip salad dressing from Kraft. And suddenly, the Santa Barbara sandwich is in the making. Serve it at your next gathering, and you'll be in for lots of "oh's"—not to mention several "mmm's"!

Santa Barbara Sandwiches

Rye bread slices
MIRACLE WHIP Salad Dressing
KRAFT Monterey Jack
Cheese Slices
Alfalfa sprouts or finely shredded lettuce
Tomato slices
Crisply cooked bacon slices
California avocado slices, peeled
Monterey Mustard Sauce

For each sandwich, spread one slice of bread with salad dressing; top with cheese, alfalfa sprouts, tomato, bacon and avocado slices. Serve with:

Monterey Mustard Sauce

1 cup MIRACLE WHIP Salad Dressing
1/4 cup green onion slices
2 tablespoons KRAFT Pure Prepared Mustard
Combine salad dressing, green onions and mustard; mix well. Chill. 1 1/3 cups



KRAFT

© 1981 Kraft, Inc.

Love Food from California
© 1981 California Avocado Commission

Filling:

1 egg
1½ cups dairy sour cream
1 cup sugar
¼ cup all-purpose flour
2 teaspoons vanilla
½ teaspoon salt
2½ pounds McIntosh apples, pared,
quartered, cored and sliced
Topping (recipe follows)

1. Combine flour, sugar, cinnamon and salt in a large bowl. Cut in butter with a pastry blender until mixture has the consistency of coarse meal. Sprinkle in just enough of the water to moisten dough. Gather dough into a ball.
2. Preheat oven to very hot (450°).
3. Roll out dough on a lightly floured surface to a 12-inch round; fit into a 10-inch pie plate. Turn under overhanging pastry flush with rim; flute to make a stand-up edge. Refrigerate until ready to fill.
4. Beat egg slightly in a large bowl. Stir in sour cream, sugar, flour, vanilla and salt until mixture is smooth. Add sliced apples, stirring gently just to coat. (Paring and slicing apples into cream mixture helps retard browning.) Spoon filling into shell.
5. Bake in preheated very hot oven (450°) for 10 minutes. Lower heat to moderate (350°) and bake 35 minutes longer.
6. While pie bakes, prepare Topping.
7. Remove pie from oven. Sprinkle topping evenly over filling. Return pie to oven.
8. Bake in a moderate oven (350°) for 15 minutes or until topping is lightly browned. Cool pie on wire rack.

TOPPING: Combine ½ cup (1 stick) butter, ½ cup flour, ½ cup sugar, ½ cup firmly

packed light brown sugar, 3 teaspoons ground cinnamon, ¼ teaspoon salt and 1 cup chopped walnuts in a small bowl; blend well.

SOPAIPILLAS (Mexican Fried Bread)
(Fort Worth Star-Telegram)

Everyone wanted to make sopapillas at home when a Fort Worth Mexican restaurant introduced them about ten years ago. The Star-Telegram ran the recipe then and requests continue to come in.

Makes about 48 at 3¢ each.

4 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
2 tablespoons vegetable shortening
1 cup milk
Vegetable oil for frying

1. Sift flour, baking powder, salt and sugar into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in milk until mixture forms a firm dough.
2. Knead dough on a lightly floured surface just until smooth. Cover; let rest 20 minutes. Roll out to ¼-inch thickness; cut into squares or diamonds.
3. Heat oil in a deep saucepan or deep fat fryer to 375° on deep fat frying thermometer. Fry sopapillas, a few at a time, turning often so they fry evenly, until golden brown. Remove from oil with slotted spoon to paper toweling to drain. Serve hot with butter with a meal, or sprinkled with cinnamon-sugar or 10X sugar, or with a pitcher of warm honey, as a dessert.

CHICKEN FRIED STEAK
(Fort Worth Star-Telegram)

Some restaurants in this area survive on their reputation for this one dish alone. But no one has a recipe because old hands at the dish just do it and can't really come up with precise measurements. However, Jo Ann Vachule measured her own method and printed the recipe.

Makes 6 servings at 78¢ each.

¾ cup all-purpose flour
1 teaspoon salt
½ teaspoon freshly ground pepper
1½ pounds round steak, cut in ½-inch slices
1 egg
¼ cup milk
½ cup vegetable oil

1. Combine flour, salt and pepper on a sheet of wax paper.
2. Pound steaks until ¼-inch thick. Dip in flour, then pound as much flour into each steak as possible.
3. Beat egg and milk in a shallow dish. Dip pounded slices first into egg and milk, then into remainder of flour mixture.
4. Brown slices in hot oil in a large skillet on one side. Turn; cover skillet; lower heat. Cook until meat is tender, about 30 minutes.

RUFUS VALDEZ'S WORLD CHAMPIONSHIP CHILI
(Los Angeles Times)

This recipe, which won the 1976 International Chili Society Cookoff, is a favorite. It's a spicy chili, but not so

CREAM PIE VS.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because

there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.



peppery that all other flavors are lost. And, there are no beans. Society members contend that a true chili is beanless. Makes 24 servings at \$1.15 each.

2 pounds flank steak, cut into $\frac{1}{2}$ -inch pieces
2 pounds coarsely ground flank steak
 $\frac{1}{4}$ cup vegetable oil
2 pounds boneless pork shoulder, coarsely chopped
1 teaspoon ground cumin
1 teaspoon chopped fresh oregano
OR: $\frac{1}{2}$ teaspoon leaf oregano, crumbled
3 medium-size onions, finely chopped ($\frac{1}{2}$ cups)
 $\frac{1}{2}$ cup chopped celery
4 medium-size tomatoes, skinned and chopped
OR: 1 can (16 ounces) whole tomatoes, drained
4 cans (7 ounces each) chili salsa
OR: 4 cans (8 ounces each) hot taco sauce
1 tablespoon each mild, medium and hot New Mexico chili powders
OR: 1 to 3 tablespoons chili powder
4 Anaheim chilies, roasted, peeled and chopped
OR: 1 can (4 ounces) chopped green chilies
2 cloves garlic, minced
Salt

1. Brown cut up and ground flank steak in 2 tablespoons of the oil in kettle or Dutch oven; lower heat; cover. Simmer, stirring occasionally, 45 minutes.
2. Brown chopped pork in remaining 2

tablespoons oil in a large saucepan; lower heat; cover. Simmer, stirring occasionally, 45 minutes. Remove pork with slotted spoon; add to beef. Pour pan juices into a 2-cup glass measure; let fat rise to top. Skim off 4 tablespoons of the fat and return to large saucepan. Add remainder of pan liquid in glass measure to meat mixture; add cumin, oregano; simmer 30 minutes.

3. Sauté onion and celery in the 4 tablespoons fat in saucepan, about 5 minutes; add tomatoes and chili salsa; lower heat; cover; simmer 30 minutes. Add chili powders, chilies and garlic; cover. Simmer 30 minutes.
4. Add salsa mixture to meats; cook over medium heat 1 to $1\frac{1}{2}$ hours, stirring frequently. Lower heat and simmer the last half hour of cooking, stirring every 10 minutes to prevent sticking. Taste; add salt, if needed. ■

THE RIGHT WAY TO . . . From page 53

WARDROBE WISDOM

Zip, Zip, Hurray!: Stuck zippers are almost as annoying as broken ones, but fortunately they are much easier to fix. Just take a candle and rub it over the teeth of the zipper. After the teeth are coated with the wax, the zipper should slide up and down much more easily.

—Sy Goodman, Consultant, Wellington Manufacturing Co.

Drying wet shoes: Soggy shoes? Take them off as soon as possible and stretch them to their original shape, then stuff

them with newspaper or insert shoe horns. Smooth out wrinkles by hand, and put shoes in an airy place (never on a radiator or stove) to dry thoroughly before wearing. If possible, do not wear the same pair of shoes every day, since all shoes are damp after wearing. A rest gives shoes a chance to dry out.

—Barbara Earnest, Sales Promotion and Publicity, Capezio® Ballet Makers

Sparkling gems: Jewelry dull and dingy-looking? Here's how to get that "new" look back with a little time and effort. Using one part clear ammonia to three parts water, mix enough solution in a pot to cover jewelry generously. Place jewelry (except opals and pearls) in solution and boil five to six minutes. To avoid scorching jewelry (in case solution evaporates), attach one end of an opened paper clip or wire hook to the rim of the pot and the other end to the jewelry, keeping it off the bottom. Remove jewelry with tongs and immediately rinse under hot running water, then lightly scrub it with soft bristle toothbrush to remove any excess dirt.

—Edward Rosenberg, Manager, L&R Watch Crystal Corp.

Unraveling a jewelry knot: To untangle knots in jewelry chains, follow this simple procedure. Place chain on a flat, hard surface. Using two pins (straight or safety), gently poke at the knot until it loosens. Then insert the

DREAM PIE

Coconut Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
 $\frac{1}{2}$ cups cold milk
1 teaspoon vanilla
2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
 $1\frac{1}{2}$ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 baked 9-inch pie shell, cooled

- a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining $1\frac{1}{2}$ cups milk and the pudding mix.
- b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.
- c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



pins through the loop of the knot and slowly pull in opposite directions.

—Edward Rosenberg

Dress for job success: Clothes do make the man (or woman), and they can also help get you the job you want. To begin, there are two important rules to remember: Always dress conservatively, and never wear green or purple (research has shown these two colors have an adverse effect on interviewers). For men, a two-piece blue suit is always good, except when interviewing for top management positions. Then wear a three-piece dark gray suit, white shirt, maroon tie, executive-length socks and dark (preferably black) shoes.

Women will strike the proper chord with a two-piece dark suit (unbelted) with the skirt approximately two inches below the knee, white blouse (feminine, not sexy), plain stockings, lipstick (and little other makeup) and closed pumps. Either carry an attaché case or pocketbook (not both).

Both men and women should wear minimal jewelry.

—John T. Malloy, *wardrobe researcher and author of "Dress for Success" and "The Woman's Dress for Success Book"* (Warner Books, Inc.)

Buying kids' shoes: Since children usually outgrow their shoes before they wear them out, frequent trips to the shoe store are not unusual. Before buying shoes for your children, however, use these guidelines to make sure the shoes fit properly.

Leather shoes are better than vinyl ones because leather breathes, allowing for more comfort and a better fit. It also molds to the foot much more easily than vinyl. Whether the shoes are leather or vinyl, it is important that the sole be flexible. A stiff sole may cause the shoe to ride up and down, which may cause blisters to form at the back of the foot.

Both feet should always be measured, since no two are exactly the same. But measuring the foot gives only an approximation of shoe size, as each style and brand fits differently. They should, therefore, be tried on as well and fitted to the larger foot.

When the child is standing with shoes on, the longest toe (not necessarily the big toe) should be one-half inch from the front of the shoe. To assure proper width, make sure there is no pressure on the small toe.

On a laced shoe, comfortably tied, the openings on either side of the instep should be approximately one-eighth inch apart. A shoe should hug the back of the heel comfortably without riding up and down while a youngster is walking. Most children have a low ankle bone, so if the shoe is too high, the ankle bone becomes irritated. If the shoe fits properly in all other respects but touches the ankle bone, a heel cushion of cotton (not foam rubber) may be placed under the inner sole at the back of the shoe. Loafers should be fitted more snugly than laced shoes because they tend to stretch.

—Richard Schalit, *Owner, Richie's Shoes, New York, N.Y.*

HEALTH HINTS

Stop a nosebleed: Nosebleeds can look a lot worse than they really are, and there are a number of simple remedies for stopping the flow of blood. Here's one: Sit, never lie, down. Pinch together the soft part of the nose, just above the nostril opening. With your other hand hold a piece of ice on your nose for approximately five minutes.

—Paul Ehrlich, M.D., *Associate Professor of Clinical Pediatrics, New York University School of Medicine, and practicing allergist*

Hiccups cure: It's been said that hiccups occur when someone is thinking about you. A nice thought, but the fact is, hiccups are a nuisance and somewhat of an embarrassment. Try this procedure to bring them to a speedy end: Place a teaspoonful of sugar in your mouth and swallow it. The sugar stimulates the nerve that suppresses hiccups.

—Paul Ehrlich, M.D.

Baby drops: Many parents tremble at the idea of putting drops into their baby's eyes. To do it calmly and with a minimum of fuss: Lay the baby on his back and put drop(s) in the corner of the eye near the nose. Use this method even when the eyes are closed, as the drops will stay in the cavity until baby's eyes open and then flow easily into the eye.

—Dr. Elihu Sussman, *Assistant Professor of Clinical Pediatrics, New York University School of Medicine*

Easing the load: Quite often back problems are caused by lifting heavy things in the wrong way. Avoid unnecessary aches and pains by following these simple steps when picking up a package, for example.

When bending down to lift a heavy package, always bend from your knees, keeping your head and back straight. Pull the object toward you and lift it while straightening your knees and keeping your arms close to your body.

When picking up a light package, your body should be completely relaxed. Bend down naturally, without flexing your knees, while dropping your head and shoulders forward (unless you have a back problem that hasn't been completely corrected). Pick up the item and slowly straighten head and shoulders as you rise.

—Hans Kraus, M.D., *Author of "Backache, Stress and Tension"* (Simon & Schuster)

NUISANCE SOLVERS

Stuck glass: If the glass stopper gets stuck in your perfume bottle, sharply tap the stopper area several times with the side of a glass tumbler (never a knife handle). Give the stopper a one-quarter turn and remove it. The force of the taps "shocks" the top into coming out easily.

—Spokesperson, *Consumer Affairs, Revlon, Inc.*

Dog bathing: Most people think that bathing a dog just means dumping it into a tubful of water. It doesn't. Al-

ways put your dog into an empty tub or basin, then wet him with warm water, using a hose attachment, continually checking the temperature of the water with your hand. Apply a non-alkaline or pH neutral shampoo (never use baby shampoo) and work into a sudsy foam. Rinse off all of the suds thoroughly. For additional safety, put boric acid ointment (not solution) in the dog's eyes and place a wad of cotton in his ears.

—Peter Rosenberg, D.V.M., *Bay Veterinary Clinic, Brooklyn, N.Y.*

A stop on skids: A car skid can panic even an experienced driver. To help you handle such a situation, remember these helpful pointers: • Always steer in the direction of the skid to straighten out the car. For example, if the rear of the car is slipping to the right, turn your steering wheel to the right (never too far or too fast). • Don't jam on the brakes. If you must use the brake to avoid a collision or other hazard, gently pump the pedal until you slow down.

• Keep your foot off the gas pedal, unless you're operating a front-wheel-drive car (then step lightly on pedal). • If the road is too narrow to accelerate and steer out of the skid, shift to neutral and continue to steer.

—American Automobile Association

Up with cork: A piece of cork floating in your wine bottle? Tie the ends of a thin, strong piece of string (approximately 12") together. Slip the loop into the bottle and under the piece of cork. Gently pull the string and cork out of the bottle (pull along side of bottle if necessary).

—H. Gelfand, *Special Sales, Sherry-Lehmann, Inc., Wine Merchants*

Credit check: You don't have to take "no" for an answer if you have recently been denied credit. Instead, try to find out why. First, write or call the bank, finance company or department store for an explanation of why they turned your credit application down. If the reason is connected with a bad credit history, you are entitled by law to know what institution furnished a negative report. Contact your local credit bureau within 30 days from the time you were denied credit for a free copy of your credit file. If there is any information in your credit file that you feel is false, inaccurate or the result of extenuating circumstances (such as being laid off from work for several months and therefore unable to meet some payments) you can give a written statement explaining your side of the story. This will be included in your file. Ask that the statement be sent to all those who have received the incorrect report.

—Stephen A. Newman and Nancy Kramer, *authors of "Getting What You Deserve: A Handbook for the Assertive Consumer"* (Doubleday)

CAROL J. RICHARDS, who compiled this article, is the editor and associate publisher of "NY Shopper Magazine," a guide to the best shopping buys in New York.

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To do it calmly and with a

lay the baby on his

corner of

method

the corner of

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The image is a promotional illustration for 'The Smurfs'. At the top, the title 'THE SMURFS' is written in large, bold, red letters with a black outline, set against a white cloud-like background. Below it, the words 'ARE HERE...' are also in red letters. In the lower-left foreground, a blue Smurf with a white tuft of hair is shown in a dynamic, running pose, looking towards the right. In the lower-right foreground, a white Smurf with a red tuft of hair is also in a running pose, looking towards the left. The background is a soft, light blue wash. The bottom right corner features a small letter 'A' inside a yellow circle. The bottom center contains the copyright notice '© Peyo' and the publisher 'SEPP'.

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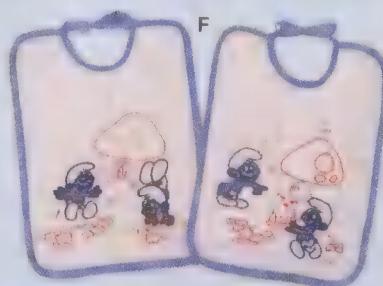


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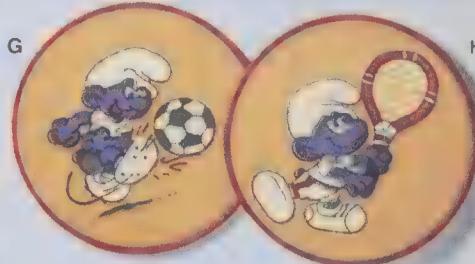
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DESIGNER FASHIONS

Shown on pages 62-65

BILL BLASS' CROCHETED CARDIGAN—Directions are given for Size Small (8-10). Changes for Medium (12-14) and Large (16-18) Sizes are in parentheses. MATERIALS: Linen and Cotton Blend Yarn (Mail order) (8 oz. skeins): 2(3,3) skeins of desired color; crochet hook, Size H, OR ANY SIZE HOOK WHICH WILL OBTAIN THE STITCH GAUGE BELOW; 4 round buttons, $\frac{1}{2}$ " in diameter.



Note: To order linen and cotton blend yarn @ \$9.00 per 8 oz. skein (plus \$3.00 postage & handling per order) send check or money order to: The Thread Company, 2274 Broadway, New York, N.Y. 10024 (N.Y. City and State residents add Sales Tax).

*Price is subject to change.

IMPORTANT: Since this yarn has slight shrinkage, we recommend pre-shrinking before working with it. To do this, keep each skein tied and soak in hot water. Then lay flat or hang to dry. When yarn is completely dry, wind loosely into balls.

GAUGE: 7 sts (including ch sts)=2"; 5 rows of sps=3".

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

SIZE:	SMALL (8-10)	MEDIUM (12-14)	LARGE (16-18)
BODY BUST:	31 $\frac{1}{2}$ "-32 $\frac{1}{2}$ "	34"-36"	38"-40"
FINISHED MEASUREMENTS:			
BUST (excluding border):	34"	38"	42"
WIDTH ACROSS BACK AT UNDERARMS:	17"	19"	21"
WIDTH ACROSS EACH FRONT AT UNDERARM (excluding border):	8 $\frac{1}{2}$ "	9 $\frac{1}{2}$ "	10 $\frac{1}{2}$ "
WIDTH ACROSS SLEEVE AT UPPER ARM:	14 $\frac{1}{2}$ "	15 $\frac{1}{2}$ "	17"

Note: The Body of Cardigan is worked all in one piece up to underarms; then stitches are divided into separate upper fronts and back sections. Border is worked after upper sections are completed.

BODY: Starting at lower edge, excluding border, ch 121(135,147) to measure (without stretching) 35(39,43)". Row 1: Dc in 5th ch from hook, * ch 1, sk next ch, dc in next ch—sp made; rep from * across—59(66,72) sps, including sp formed by first dc. Mark Row 1 for right side. Ch 4, turn. Row 2: Sk first dc, dc in next dc, * ch 1, dc in next dc; rep from * across, ending with ch 1, sk next ch on end sp, dc in next ch—59(66,72) sps, including turning chain sp. Ch 4, turn. Rep Row 2 for pat. Work even in pat until total length is approximately 9" from beg, or desired length to underarms (allowing additional 1 $\frac{1}{4}$ " for border) and ending with a row on wrong side. Ch 4, turn. Now divide sts as follows:

UPPER RIGHT FRONT—Armhole Shaping—Row 1: Sk first dc, dc in next dc, make 12(13,14) more sps; do not work over rem sts—13(14,15) sps. Ch 3 (to count as 1 dc), turn. Row 2: Sk first dc, dc in next dc; complete row in pat. Ch 4, turn. Row 3: Sk first dc, dc in next dc, make 10(11,12) more sps, do not ch, dc in next dc; do not work over turning ch-3—dec made at armhole edge. Ch 4, turn. Row 4: Sk first 2 dc, dc in next dc, make 10(11,12) more sps to end of row—11(12,13) sps. Ch 4, turn. Rows 5 through 11: Work even in pat. Ch 4, turn. **Neck Shaping**—Row 12: Work in pat to within last 5(5,6) sps; do not ch 1, dc in next dc; dec made at neck edge; do not work over rem 4(4,5) sps. Ch 3 (to count as 1 dc), turn. Row 13: Sk first 2 dc, dc in next dc, complete row in pat. Ch 4, turn. Row 14: Sk first dc, dc in next dc, make 4(5,5) more sps; do not

work over turning ch-3—5(6,6) sps. Work 0(1,1) row even in pat. Cut yarn and fasten. **UPPER BACK—Armhole Shaping:** Sk next free 4(5,6) sps on last row of Body for underarm, attach yarn in next dc. Row 1: Ch 4, 1 dc in next dc, make 24(27,29) more sps; do not work over rem sts—25(28,30) sps. Ch 3, turn. Row 2: Sk first dc, dc in next dc; work in pat across to within end sp, sk next ch on end sp, dc in next ch—dec made at each end. Ch 3, turn. Row 3: Sk first 2 dc, dc in next dc; work in pat across to within end ch-1 sp; do not ch 1, dc in next dc; do not work over turning ch-3. For Medium And Large Sizes Only: Ch 3, turn. Rep last row (Row 3) 0(1,1) more time. For All Sizes: Ch 4, turn. Next Row: Sk first 2 dc, dc in next dc, work in pat across, ending with ch 1, dc in end dc—21(22,24) sps. Ch 4, turn. Work even in pat until there are 13(14,14) rows in all on back. Ch 4, turn.

Neck Shaping—Next Row: Sk first dc, dc in next dc, make 4(5,5) more sps; dc in next dc—5(6,6) sps for shoulder; do not work over rem sts. Cut yarn and fasten. Sk next 9(8,10) sps on last row made before Neck Shaping for back of neck; attach yarn in next dc, ch 3, dc in next dc, make 5(6,6) sps to end of row for other shoulder. Cut yarn and fasten.

UPPER LEFT FRONT: Sk next free 4(5,6) sps on last row of Body for underarm attach yarn in next dc, ch 4, dc in next dc, make 12(13,14) more sps to end of row. Ch 4, turn. Work to correspond with Upper Right Front, reversing shaping.

SLEEVES: Starting at lower edge, ch 38 (42,42) to measure 11(12,12)". Row 1: Sc in 2nd ch from hook, sc in each ch across—37(41,41) sc. Mark Row 1 for wrong side. Ch 4, turn. Row 2: Sk first 2 sc, dc in next sc, * ch 1, sk next sc, dc in next sc; rep from * across—18(20,20) sps, including sp formed by first dc. Ch 4, turn. Row 3: Work same as Row 2 of Body—18(20,20) sps. Rows 4 and 5: Rep last row for pat. Ch 4, turn. Row 6: Dc in first dc—inc made at beg of row; * ch 1, dc in next dc; rep from * across to within end sp, ch 1, sk next ch on turning ch-4, in next ch make dc, ch 1 and dc—inc made at end of row. Ch 4, turn. Rows 7, 8 and 9: Work even in pat—20(22,22) sps in each row. Ch 4, turn. Working in pat, inc one sp at each end as before in next row, then every 4th row 2(2,3) more times 26(28,30) sps in last row. Ch 4, turn. Work even in pat until total length is 15(15 $\frac{1}{2}$,16") or desired length to underarm. At end of last row, cut yarn and fasten. Turn.

Top Shaping—Row 1: Sk first 2(2,3) sps on last row, attach yarn in next dc, ch 3 (to count as 1 dc), dc in next dc, * ch 1, dc in next dc; rep from * across to within last 3(3,4) sps; do not ch 1, dc in next dc; do not work over rem 2(2,3) sps. Ch 3, turn. Row 2: Sk first 2 dc, dc in next dc, work sps across to within last ch-1 sp; do not ch 1, dc in next dc, do not work in ch-3—dec made at each end. Ch 3, turn. Rep last row (Row 2) 3(4,4) more times—12 sps in last row for all sizes. Ch 4, turn. Next Row: Sk first 2 dc, dc in next dc, work 11 more sps to end of row. Ch 4, turn. Work 3(3,4) more rows even. Mark top edge of last row to indicate top edge of sleeve (this edge will be gathered to form fullness at shoulder). Ch 4, turn.

Shoulder Padding: Work 4 more rows even in pat. Cut yarn and fasten. Last 4 rows will be turned to wrong side of sleeve.

FINISHING: Pin each piece to measurements on a padded surface; cover with a damp cloth and allow to dry; do not press. Fold fronts over back. Sew shoulder seams. **Front And Back-Of-Neck Border—Rnd 1:** With right side facing, attach yarn to upper left front corner on left front edge, ch 1, in same corner st make sc, ch 1 and

sc, working along ends of rows, sc evenly along left front edge to lower corner (being careful to keep work flat), in corner st make sc, ch 1 for corner and sc; working along opposite side of starting chain, sc in each ch across to next corner, in corner st make sc, ch 1 and sc; sc evenly along right front edge across to next corner at neck edge (having same number of sts as on opposite edge); in corner st make sc, ch 1 and sc; along neck edge, make 14 sc evenly spaced along right front edge to shoulder seam, 26 sc along back of neck and 14 sc along left front edge. Join with sl st to first sc of this rnd. **Rnd 2:** Ch 1, sc in same st as joining; making sc, ch 1 and sc in ch-1 sp at each corner, sc in each sc around. Join with sl st to first sc. **Rnd 3:** Work same as for last rnd along left front, across lower edge and up right front edge to within neck edge, ending with sc, ch 1 and sc in corner ch-1 sp at neck.

Collar—Row 1: Working along neck edge make * ch 2, sk next 2 sc, sc in next sc; rep from * across neck edge, ending with ch 2, sk rem sc. Join with sl st to first sc of last rnd of border. Ch 3, turn. **Row 2:** In first ch-2 lp make sc, ch 3 and sc; * ch 3, in next ch-2 lp make sc, ch 3 and sc; rep from * across neck edge only, ending with ch 3, sc, ch 3 and sc in last ch-2 lp. Ch 3, turn. **Row 3:** Make sc and ch 3 in each ch-3 lp across last row. Ch 4, turn. **Row 4:** Make sc and ch 4 in each ch-3 lp across. Cut yarn and fasten.

Buttonloops: With pins mark position of 4 buttonloops evenly spaced along right front edge, placing first pin directly below collar at front edge, and last pin 3" up from lower edge.

To Make Each Buttonhole: From right side, attach yarn to st marked by pin at front edge, ch 7, sl st in same st, turn; sl st in each of the 7 ch sts, sl st in same st on front edge; cut yarn and fasten. Sew sleeve seams. Fold back to wrong side the last 4 rows on sleeve for padding; using a darning needle and same material gather marked edge of sleeve at fold to measure approximately 3". Pin end of underarm sleeve seam to center of underarm sts on body; sew sleeve to armhole, adjusting to fit. Tack side edges of padding piece to armhole seam on wrong side. Sew buttons opposite buttonloops.

BILL BLASS' KNITTED SWEATER—Directions are given for Size Small (8-10). Changes for Sizes Medium (12-14) and Large (16-18) are in parentheses.

MATERIALS: Reynolds Yarns Linaire (30 gram, 1 oz. balls): 9(11,13) balls of Natural, knitting needles, 1 pair No. 6, OR ANY SIZE NEEDLES WHICH WILL OBTAIN THE STITCH GAUGE BELOW; crochet hook, Size G.

GAUGE: 5 sts=1"; 7 rows=1".

TO SAVE TIME, TAKE TIME TO CHECK YOUR GAUGE.

SIZE:	SMALL (8-10)	MEDIUM (12-14)	LARGE (16-18)
BODY BUST:	31 $\frac{1}{2}$ "-32 $\frac{1}{2}$ "	34"-36"	38"-40"
FINISHED MEASUREMENTS:			
BUST (excluding ruffles):	35"	39"	43"
WIDTH ACROSS BACK AT UNDERARMS:	17"	19"	21"
WIDTH ACROSS EACH FRONT AT UNDERARM:	9"	10"	11"
WIDTH ACROSS SLEEVE AT UPPER ARM:	11"	12"	13"

BACK: Starting at lower edge (excluding border) cast on 85(95,105) sts. Work in st st (k 1 row p 1 row) until length is 13" from beg or for desired length to underarms, ending with a p row. **Armhole Shaping:** Continuing in st st

Dieting can lead to stress

Dieting. It's a tricky business. Eat less than 2000 calories a day and you'll probably lose weight. But you may not get all the vitamins and iron you need. Unless you're on a diet recommended by your doctor — based on your life-style and the state of your health — dieting may lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any physical condition that places an unusual demand on it. And it can upset your



nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.

B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

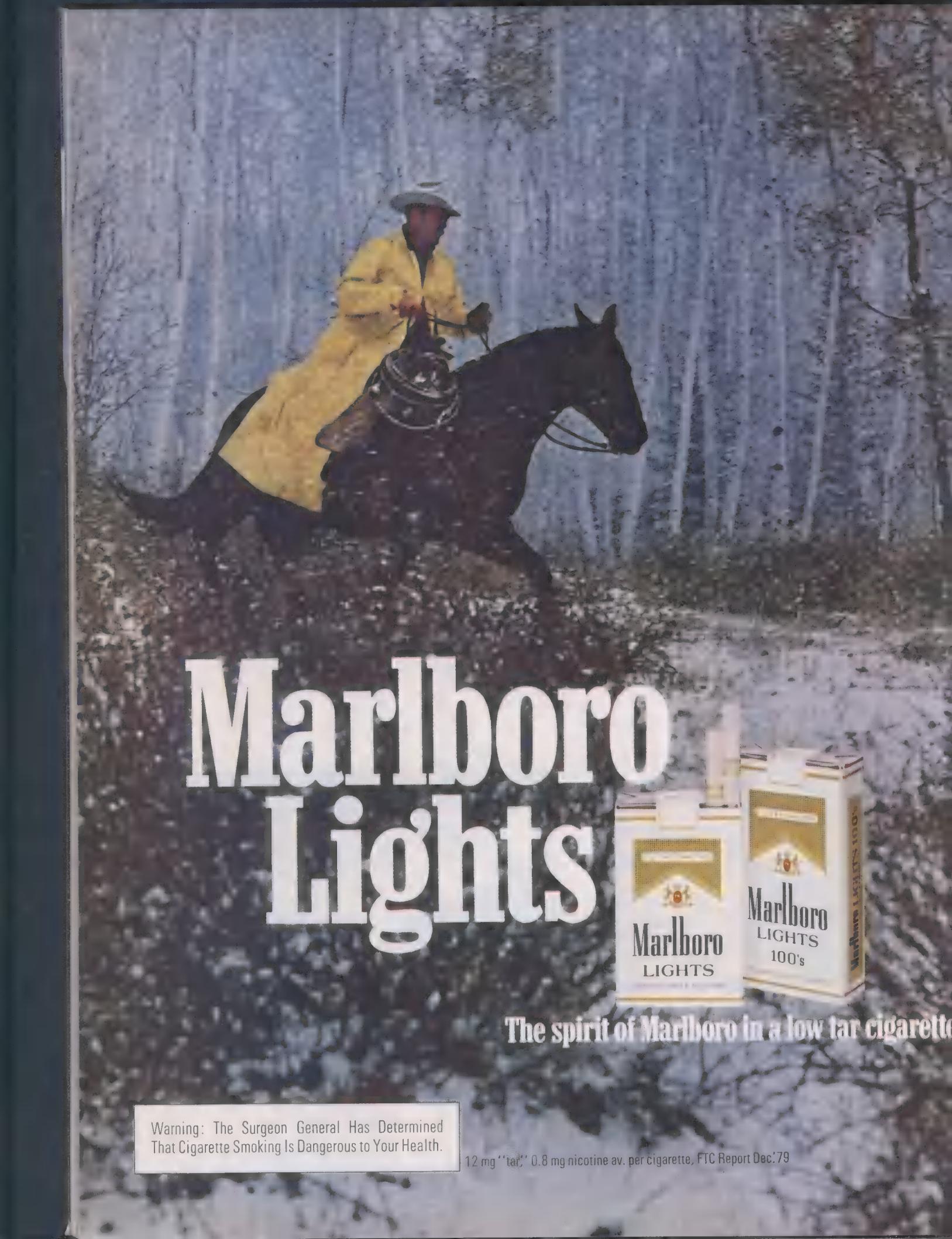
A touch of womanhood in a high potency vitamin.

STRESSTABS® 600 with Iron. It concentrates on the vitamins the body doesn't store — with a high potency supply of B-complex and 600 mg of vitamin C — to help you avoid B and C losses. Equally important, STRESSTABS® 600 with Iron also provides 27 mg of iron, plus 100% of the U.S. Recommended Daily Allowance of folic acid and vitamin E.

Talk to the experts.

Ask your doctor or pharmacist about the complete STRESSTABS® family — STRESSTABS® 600, STRESSTABS® 600 with Iron and STRESSTABS® 600 with Zinc. Products of Lederle Laboratories, the company that brought meaning to the stress formula vitamin.





Marlboro Lights



The spirit of Marlboro in a low tar cigarette

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec '79

throughout, bind off 4(5,6) sts at beg of each of next 2 rows. Dec one st at each end every other row 3(4,5) times—71(77, 83) sts. Work even in st st over rem sts until length from first row of armhole shaping is 7(7½,8)”, ending with a p row. **Shoulder Shaping:** Working in st st, bind off 8(9,10) sts at beg of each of next 4 rows—39(41,43) sts. Bind off rem sts for back of neck.

LEFT FRONT: Starting at lower edge (excluding border), cast on 45(50,55) sts. Work in st st (k 1 row, p 1 row) until length is same as Back to underarm, ending with a p row.

Armhole Shaping: Continuing in st st, bind off 4(5,6) sts at beg of next row. Work 1 row even. Dec one st at armhole edge every other row 3(4,5) times—38(41, 44) sts. Work even until length from first row of armhole is 4(4,4½)”, ending at front edge.

Neck Shaping: Continuing in st st, from front edge bind off 4(5,5) sts at beg of next row—neck edge. Dec one st at same neck edge every row 18(18,19) times—16(18,20) sts. If necessary, work even over rem sts until length of armhole is same as on Back, ending at armhole edge.

Shoulder Shaping: From armhole edge bind off 8(9,10) sts at beg of next row. Work 1 row even. Bind off rem 8(9,10) sts. **RIGHT FRONT:** Work to correspond with Left Front, reversing shaping.

SLEEVE: Starting at lower edge (excluding border and ruffles), cast on 40(42,46) sts. Work even in st st for 2”. Continuing in st st throughout, inc one st at each end on next row, then at each end every 8th(8th,6th) row 8(9,10) times in all—56(60,66) sts. Work even until length is 12(12½,13)” from beg, ending with a p row.

Top Shaping: Continuing in st st, bind off 4(5,6) sts at beg of each of next 2 rows. Dec one st at each end every 4th row 2(3,3) times, then every other row 15(15,17) times. Bind off rem 14 sts.

FINISHING: Pin each section to measurements on a padded surface; cover with a damp cloth and allow to dry; do not press. Sew side, shoulder and sleeve seams. Sew in sleeves.

Outer Border: With right side facing, using crochet hook, attach yarn to lower end of a side seam. **Rnd 1:** Ch 1, being careful to keep work flat, sc evenly along entire outer edge of sweater, making 3 sc in same st at each bottom corner. Join with sl st to first sc. **Rnd 2:** Ch 1, sc in same st as joining, making 3 sc in 2nd sc of each corner group, sc in each sc around. Join with sl st to first sc. **Rnd 3:** Rep Rnd 2. Cut yarn and fasten. Do not turn.

Ruffled Edging—First Ruffle—Row 1: Attach yarn in first sc of 3-sc group at lower right front corner, * ch 4, sk next sc, sc in next sc; rep from * across right front edge, across back of neck and left front edge, ending with ch 4, sc in last sc of 3-sc group; do not work across lower edge. Ch 5, turn. **Row 2:** * Sc in next ch-4 lp, ch 4; rep from * across last row, ending with sc in last lp. Ch 5, turn. **Row 3:** Rep last row. Cut yarn and fasten. **Second Ruffle—Rnd 1:** With right side facing, attach yarn around bar of first sc of sc group at lower right front corner of Rnd 2 of single crochet border; working along Rnd 2 of border, make * ch 4, sk next sc, sc around bar of next sc; rep from * across right front edge, across back of neck and left front edge, making last sc around last sc of 3-sc group at corner. Ch 5, turn. **Rows 2 and 3:** Rep Row 2 of First Ruffle. At end of last row, cut yarn and fasten.

Sleeve Border and Ruffle Edging: With right side facing, attach yarn to underarm seam at lower edge of sleeve. **Rnd 1:** Ch 1, sc evenly along lower edge of sleeve, having an even number of sts. Join with

sl st to first sc. **Rnds 2 and 3:** Ch 1, sc in same sc as joining, sc in each sc around. Join. Do not fasten off.

Ruffled Edging—First Ruffle: Ch 1, sc in same sc as joining, * ch 4, sk next sc, sc in next sc; rep from * around, ending with ch 4, sk last sc. Join with sl st to first sc. **Rnd 2:** Sl st in each of next 2 ch, sc in same ch-4 lp, * ch 4, sc in next lp; rep from * around, ending with ch 4. Join to first sc. **Rnd 3:** Rep last row. Cut yarn and fasten. **Second Ruffle:** Attach yarn with sc around bar of first sc on Rnd 2 of sc border, * ch 4, sk next sc on same rnd, sc around bar of next sc; rep from * around, ending with ch 4. Join. **Rnds 2 and 3:** Rep Rnd 2 of First Ruffle. Cut yarn and fasten.

PERRY ELLIS' SLEEVELESS CABLE SWEATER—Directions are given for Sweater to be made in Petite (6) Size. Changes for Small (8-10), Medium (12-14) and Large (16) Sizes are in parentheses. MATERIALS: Joseph Galler's "Parisian Cotton" (1 oz./108 yd. ball): 12(12,15,18) balls of color of your choice; knitting needles, one pair each No. 6 and No. 8, OR ANY SIZE NEEDLES WHICH WILL OBTAIN THE STITCH GAUGE BELOW; one set Size 8 dp needles; 2 stitch holders.

Note: Sweater is worked with three strands of thread held together.

GAUGE: Stockinette Stitch using three strands of thread (without stretching)—4½ sts = 1”, 6 rows = 1”.

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Note: Sweater is designed to be made smaller than actual body measurements in order to fit snugly when worn.

SIZE: PETITE SMALL MEDIUM LARGE
(6) (8-10) (12-14) (16)

BODY BUST:
30½” 31½”-32½” 34”-36” 38”

FINISHED MEASUREMENTS:
BUST (without stretching):
28½” 30½” 34” 36”

WIDTH ACROSS BACK OR FRONT AT UNDER-ARMS (without stretching):
14¼” 15¼” 17” 18”

FRONT: Starting at lower edge with smaller needles and three strands of thread held tog, cast on 64(68,76,80) sts. Work in k 1, p 1 ribbing for 1½”. Change to larger needles and work in cable pat as follows: **Row 1 (right side):** K 24(26,30,32); p 1, k 4, p 1, k 4, p 1, k 4, p 1—cable panel; k 24(26, 30,32). **Row 2:** P 24(26,30,32); k 1, p 4, k 1, p 4, k 1, p 4, k 1; p 24(26,30,32). **Row 3 (cable twist row):** K 24(26,30,32); p 1, place next 2 sts on a dp needle and hold in back of work, k next 2 sts, k the 2 sts from dp needle—cable twist made; p 1, k 4, p 1, make cable twist over next 4 sts, p 1, k 24(26, 30,32). **Row 4:** Repeat Row 2. **Row 5:** Repeat Row 1. **Rows 6 and 7:** Repeat Row 2 and Row 1. **Row 8:** Repeat Row 2. Repeat Rows 3 through 8 for cable pattern, until total length is 9½(10,10½,11)” from beg, or for desired length, ending with a wrong-side row.

Armhole Shaping: Keeping continuity of cable pat throughout, bind off 6 sts at beg of each of next 2 rows—52(56,64,68) sts. Work even in cable pat until length from first row of armhole shaping is 5(5½,6,6½)”, ending with a right-side row.

Neck And Shoulder Shaping—Row 1 (wrong side): P 15(16,19,20); place rem 37(40,45,48) sts on a st holder. **Row 2:** Working over sts on needle only, k 1, k 2 tog—dec made at neck edge; k 12(13, 16,17)—14(15,18,19) sts. **Row 3:** P 14(15, 18,19) sts. **Row 4:** K 1, k 2 tog, k 11(12, 15,16)—13(14,17,18) sts. **Row 5:** P 13 (14,17,18) sts. **Row 6:** k 1, k 2 tog, k 10(11, 14,15) sts—12(13,16,17) sts. **Row 7:** P12 (13,16,17) sts. **Row 8:** K 1, k 2 tog, k 9 (10,13,14)—11(12,15,16) sts. **Row 9:** Bind

KNIT AND CROCHET ABBREVIATIONS

beg—begin, beginning; **bet**—between; **bl**—block; **cc**—contrasting color; **ch**—chain; **dc**—double crochet; **dec(s)**—decrease(s); **dp**—double-pointed; **dtr**—double treble crochet; **gm**—gram; **hdc**—half double crochet; **in(s)** or “—inch(es); **incl**—including; **inc**—increase; **k**—knit; **lp(s)**—loop(s); **mc**—main color; **oz(s)**—ounce(s); **p**—purl; **pat(s)**—pattern(s); **pc**—picot; **pss0**—pass slip stitch over; **rep**—repeat; **rem**—remaining; **rnd(s)**—round(s); **sc**—single crochet; **sk(s)**—skein(s); **sk**—skip; **sl**—slip; **s1st**—slip stitch; **sp(s)**—space(s); **st(s)**—stitch(es); **st** **st**—stockinette stitch; **tog**—together; **tr**—triple crochet; **work even**—work without inc or dec; **yo**—yarn over; **yd(s)**—yard(s); *—repeat whatever follows the * as many times as specified; () and []—do what is in parentheses and/or brackets the number of times indicated.

off rem sts. Leaving center 22(24,26,28) sts on st holder, slip rem 15(16,19,20) sts onto a needle, attach thread at neck edge and p 15(16,19,20) sts. Work to correspond with opposite side, reversing shaping.

BACK: Starting at lower edge with smaller needles and three strands of thread held tog, cast on 64(68,76,80) sts. Work in k 1, p 1 ribbing for 1½”. Change to larger needles and work in st st (k 1 row, p 1 row) omitting cable, until total length is 9½(10, 10½,11)” from beg or for desired length, ending with a wrong-side row.

Armhole Shaping: **Row 1 (right side):** Bind off 6 sts at beg of each of next 2 rows—52(56,64,68) sts. Work even in st st until length from first row of armhole shaping is 6½(7,7½,8)”, ending with a wrong-side row. **Row 1 (right side):** K 9(10, 13,14), k 2 tog—dec made at neck edge; k 1—11(12,15,16) sts; place rem 40(43, 48,51) sts on a st holder. **Row 2:** Working over sts on needle only, bind off 11(12, 15,16) sts. Leaving center 28(30,32,34) sts on st holder, slip rem 12(13,16,17) sts onto a needle, attach thread at neck edge and k 1, k 2 tog, k 9(10,13,14). Bind off rem 11(12,15,16) sts.

FINISHING: Pin each section to measurements on a padded surface; cover with a damp cloth; allow to dry. Do not press.

Neckband: Sew left shoulder seam. With right side facing and smaller needles, pick up and k 6 sts along left side edge of front of neck, k 22(24,26,28) sts from front st holder, pick up and k 6 sts along other side edge of front neck; pick up and k 2 sts from right side edge of back of neck, k 28(30,32,34) sts from back st holder; pick up and k 2 sts along other side edge of back of neck—64(70,74,78) sts. Work in k 1, p 1 ribbing for 4 rows. Bind off loosely in ribbing.

Armhole Bands: Sew right shoulder seam, and neckband seam. With right side facing and smaller needles, pick up and k 60(64, 68,78) sts around armhole. Do not join first and last st, but work back and forth across row. Work in k 1, p 1 ribbing for 6 rows. Bind off in ribbing. Sew each side edge of armhole band to the bound off sts of armhole. Sew side seams.

DIANE VON FURSTENBERG WRAP BLOUSE (Sizes: Small, 8-10 and Large, 12-14)—2½ yds. of 45”-wide jersey and ¾ yds. of contrasting color jersey; fusible webbing.

DIRECTIONS:

1. Following directions in box on page 86, enlarge pattern (see FIG. 1) on paper and add ½” seam allowance all around.
2. **Cutting:** From the fabric cut one back, one pair of fronts, two sleeves and one

left facing. (To cut "one pair," use pattern right side up for one piece and wrong side up for the other.) Notice the difference in left (slanted) and right (vertical) front edges. From contrasting color, cut one right facing and baste webbing to wrong side.

3. Assembly: Seam the right shoulder of front and back pieces together. Press. Repeat at left side.

4. With right sides together and edges matching pin one sleeve to each armhole. Stitch. Press seam toward blouse, then topstitch about $\frac{1}{4}$ " from seam. Stitch side seams and press. At bottom edges of sleeves, turn under seam allowance, press, edgestitch then stitch again $\frac{1}{4}$ " away.

5. **Facings:** With right sides together and edges matching, stitch right facing to right front starting at shoulder seam, continuing down the front edge, then across the bottom. Trim seams to $\frac{1}{4}$ ". Turn right side out and press. Turn under facing seam allowance at shoulder and slipstitch to shoulder seam. Apply left facing the same way. Turn under seam allowance on remaining edges and press. At all edges, except right front facing, edgestitch then stitch again $\frac{1}{4}$ " away.

FIG. 1 WRAP BLOUSE SLEEVE 1 SQ. = 1"

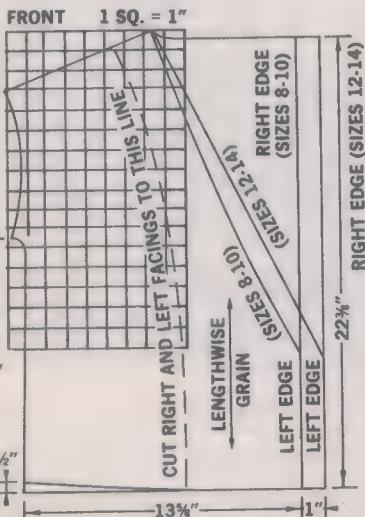
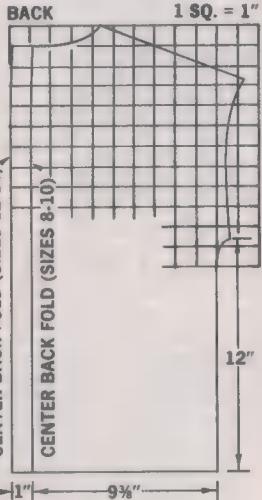
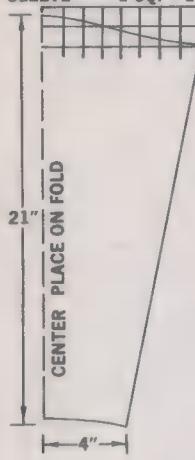
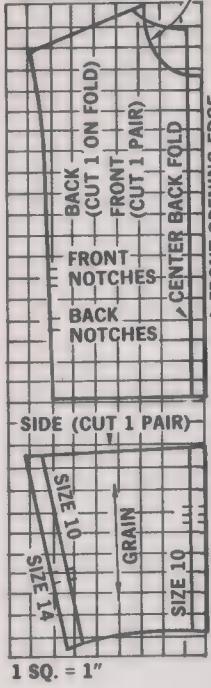


FIG. 1 VEST FRONT NECK EDGE



MARY McFADDEN'S PILLOWCASE VEST (Sizes 8-14)—MATERIALS: One standard pillowcase (see *Buyer's Guide* on page 112); $\frac{3}{8}$ yd. 45"-wide lining fabric. **DIRECTIONS (1/2" seams allowed):** 1. Open up pillowcase (see drawing above) seams and press. Carefully open up the ruffles and press them flat. 2. Fold the pillow fabric (36"x40") in half across the selvage edges and cut on the fold to make two panels (each 18"x40"). 3. Side panel: Cut off 33" from the narrower ruffle strip. This will be the side panel (embroidered edge facing front).

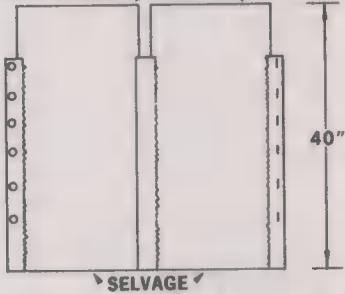
edges. Attach fastener to close the extending waistband.

PILLOWCASE DRESS (fits up to size 12)—MATERIALS: 1 King size ruffled pillowcase (see *Buyer's Guide* on page 112); six $\frac{3}{4}$ " buttons.

DIRECTIONS (1/4" seams allowed):

1. Open up pillowcase (see drawing above) seams and press. Carefully open up the ruffles and press them flat.
2. Fold the pillow fabric (36"x40") in half across the selvage edges and cut on the fold to make two panels (each 18"x40") for dress front and dress back.
3. Side panel: Cut off 33" from the narrower ruffle strip. This will be the side panel (embroidered edge facing front).

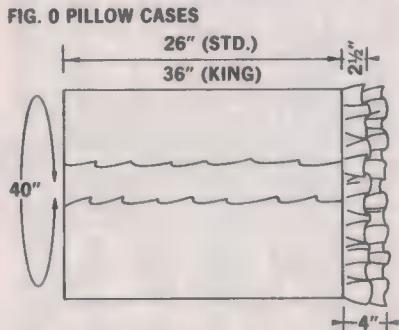
FIG. 1 DRESS SELVAGE



Turning under $\frac{1}{4}$ " at the bottom end and at the long raw edge, lap and pin the strip $\frac{1}{4}$ " over the raw side edges of dress front and back with lower edges flush (see FIG. 1). Edgestitch, turning under $\frac{3}{4}$ " at the top end. Also edgestitch the top fold.

4. **Side Opening:** Cut off two 33" strips from the wider ruffle. One will be the buttonholed binding strip at the side front opening (embroidered edge on top). Turn under and press $\frac{1}{4}$ " at bottom end and at the long raw edge. Fold strip in half lengthwise, wrong sides in and edges matching. With bottom ends flush, slide the side edge of dress front $\frac{1}{4}$ " inside the long edges of the strip. Pin, then topstitch along the embroidered edge through all layers, turning in $\frac{1}{4}$ " at the top end (Edgestitch the fold). Bind the back opening the same way. Make six buttonholes, $3\frac{1}{2}$ " apart and $\frac{3}{4}$ " from folded edge. Sew buttons, to match, on back binding.

FIG. 2 GUSSET

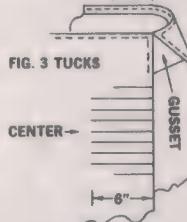


5. **Shoulder Gussets:** Cut two gussets on folded fabric (see FIG. 2) from leftover ruffle.

Lap ends of top edges of dress front and back $\frac{1}{4}$ " over the raw edges of the folded gusset. Raw edges should match (and overlap) at armhole.

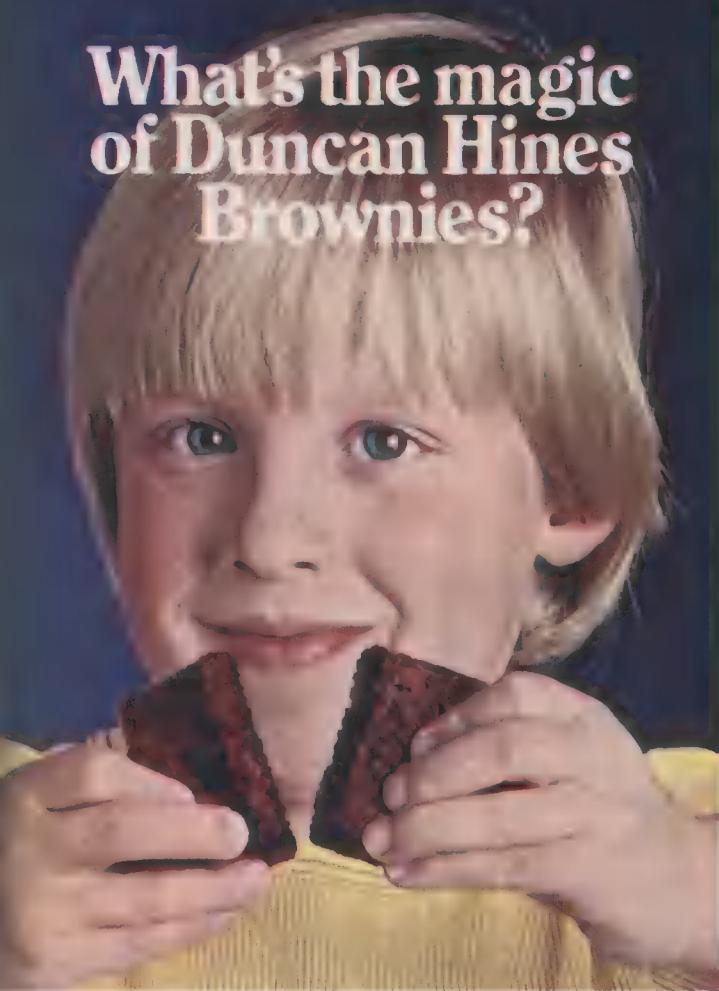
6. **Armhole edges:** Clip seam allowances on dress front and back at the top of the side and binding strips. Turn under $\frac{1}{4}$ " at armhole edges and edgestitch (see FIG. 3).

7. **Tucks:** On the wrong side of dress front, mark tucks 1" apart (see FIG. 3). Fold, right sides together, on the drawn lines and stitch $\frac{1}{8}$ " from folds. Repeat on dress back. ■



HOW TO ENLARGE PATTERNS
Draw a grid of parallel lines vertically and horizontally (at right angles) on paper or thin cardboard, spacing the lines as indicated. Then copy our pattern on your grid, one square at a time. Cut out or trace the enlarged pattern, as directed.

What's the magic of Duncan Hines Brownies?



JOY COMETH IN THE MORNING

From page 44

door before he went down to meet her; and that night when he was bemoaning his tree-less acre, she said, "At least you've got that nice little elm out front."

"What do you mean?" asked Grandpa, looking puzzled.

"Your elm tree. By the front door."

"There isn't one," he said. And, of course, there wasn't, when she strode out impatiently to look, for he had already stowed it away in the barn.

She came back in muttering. "I'd have sworn . . ." she said.

"You've had a long day, Heck," Grandpa said sympathetically. Then next morning early he replaced it, so Grandma could stand beside it, waving, as he drove their visitor back to the depot. Aunt Heck didn't say a word the whole way. The following Sunday Grandpa made an extra-large contribution to the Poor Box.

I think he felt that occasionally the sin with the punishment was a fair-enough bargain: Eat the whole pie if you have to, but don't dodge the bellyache.

But it's time now to look at the 7th Grade English Club and the Statewide Speech Contest, which is how Grandpa got in here in the first place.

The fact is, if I hadn't been English Club President, maybe I wouldn't have gotten so big for my britches that I volunteered to take Freem Fuller's place in the speech contest when Freem got encephalitis. For Freem was a natural, and I certainly wasn't. And I must have known that standing in front of a classroom calling on kids to read papers was a far cry from standing on a platform in front of God knows how many people, making a speech about the League of Nations, which was the assigned topic.

I suppose I volunteered for the same reasons men run for President or volunteer for other do-or-die missions: insanity, temporary or otherwise. Delusions of competence, dreams of glory, or an idiot certainty that the time will never really come. . . .

Only when Miss Leffler asked me a few weeks later if I had written my speech did I begin to get intimations of impending disaster. And so I dashed one off, but reading it over the next day, even I could see that it was terrible. Whatever it is that a good speech needs, it didn't have.

And so I rewrote it. No better. Then I rewrote it again and yet again, and it was still terrible, I mean a real turkey. I knew it. Yet the harder I labored, the worse it got.

Well, how could it have been otherwise? What did I know about the League of Nations? Only what the World Book said.

Well, shortly before Speech Day, Mama and I took the train to Grandpa's house to visit briefly, then go back halfway across the state to the site of the contest, where Daddy already was.

And so, on the unseasonably warm morning of February 10, Grandpa and I were sitting on the back stoop after breakfast, which had been Grandma's special-occasion rye drop cakes. These are crisp, golden, doughnut-like affairs made from a rye-flour batter. Once spooned into the hot cooking oil, it bubbles itself into shapes like baby chicks, and so we called them chickens.

But on this particular morning it was hard to eat my standard quota. Presently when Grandpa went over to the barn, I followed him.

"Grandpa, were you ever scared when you preached a sermon?" I asked.

"Yes," he said.

"How did you, well, get over it?" I asked.

"I guess I didn't," he said.

"What were you scared of?"

"That it wouldn't be good enough," he said promptly. "Not enough seed corn in the gravel. Or that maybe I'd say some dangfool thing I didn't mean, just to be smart."

I was disappointed. Was that all. He didn't know what scared was, not the first little thing. That was sophisticated scared he was talking about. I mean surface-scared.

But I was into the real stuff, I mean your genuine Basic

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Scared, your Basic Pea-Green Scared. And right then (and how I wished I hadn't eaten that flock of chickens) I threw up.

Poor Grandpa! He hated messes and there I was, making a good one. But he held my head and eventually fetched water and a damp washcloth from the house (for we both knew I'd be in for drastic remedies if we told Grandma.) Then he asked me what the trouble was and I told him.

Grandpa always listened well. With his bony, shiny head slightly tilted, and his beard at a rakish angle, he'd regard you with an attentive, lively, blue-eyed look that made you feel interesting.

"Would you like to go over your speech?" he asked, finally. "Maybe we could work on it."

I shook my head. It was too late for that.

"Well, maybe it's a better speech than you think," he offered next, after a thoughtful pause.

I knew it wasn't.

"Then maybe you'll just have to take your medicine. After all, you got yourself into this," he added reasonably. He was right, of course. "And you might pray a little," he added.

I allowed that I guessed I could, though without much enthusiasm. Still, I felt better for telling him. If I practiced all afternoon and prayed some that night and practiced all *next* day—rehearsed it, say, two hundred times, then *surely*....

Early that evening it started to sprinkle, then rain. By midnight, the mercury had plummeted to 20. I was sleepily aware of Mama's padding in to pile

more blankets on my bed, and the next day there was snow underglazed with solid sheet ice. It was what Grandpa called a growler of a day, a fine steady spray of snow blowing across the yard, and hard ice where puddles had been.

Mid-morning, Grandpa went out with me to unlock the barn, so I could start my solo rehearsing. And oh, was it cold! Frost was everywhere the snow wasn't, glistening on fence and pump, and the padlock wore a thick frosty bloom like a peach.

"Look, it even covers up the key-hole," I said to Grandpa, who was searching through his big key-ring for the key.

"Why don't you lick it off?" Grandpa suggested.

Well....

How do I explain this? Because that is what I did. Being of allegedly sound mind, but also a mad creature of impulse—the same mad creature, come to think of it, who'd volunteered for the speech thing to begin with—and because the thick frost did look inviting, like snow, and Mama made lovely ice-cream out of snow sometimes, adding real cream and vanilla....

I did. I licked the frost off.

That is, I tried to. And the instant my warm wet tongue touched the frozen metal, it bonded like epoxy. I pulled away—again, tried to—and squawked like a stuck parrot as blood poured out of my mouth, for part of the skin of my tongue stayed behind.

Huddled in ardent proximity to the lock, I glimpsed Grandpa's stricken face as he said, "Don't move—" and rushed for the house, returning in a flash with the teakettle and Grandma. Between them, Grandpa holding me and Grandma pouring cool water, they worked me loose.

And how it hurt! And how it bled! Grandma telephoned the doctor—Mama had taken the car, shopping—and he said to pack it, to stanch the bleeding. So I had a mouthful of Grandpa's big clean white handkerchiefs when Grandma said to him, "Why on earth did you let the child do a thing like that?"

"It was his idea," I tattled—started to tattle—tried to start to tattle, and that is when I discovered that I wouldn't be tattling anything, saying anything, anything at all, for a good long time. That is also when I began to experience a dawning, warming awareness like the gently widening glory of a perfect sunrise. It was the beatific realization that I was indubitably and unquestionably off the hook. There wouldn't be any speech-making for me to do now. Not any at all.

The fact apparently occurred simultaneously to Grandma, who mistakenly thought this would be the disappointment of my life. "Sugar, you know you can't make your speech now," she clucked. "But don't you worry—there'll be lots of other speeches. You'll see!"

That's what *she* thought.

But I nodded mutely and glanced over at Grandpa, busy at the kitchen table. He'd found some surgical gauze

that he was folding into big soft wads. In the gray morning light I couldn't see his face too well, but I was almost sure he winked at me—only a millisecond of a wink, the flick of a camera shutter, but a wink nonetheless. Then he went upstairs and had himself a migraine headache.

When Mama came home she was appalled, of course, and I was comforted some more. Not that I needed comfort, for my heart was like a singing bird, oh yes, it was! Especially when she telephoned my father, who was to tell the competition judges I wouldn't be there. I was out of it, all right, and if not with any particular honor, at least without shame.

And so I've often wondered about this. It seemed to me that God or Grandpa or both had worked in curious ways their wonders to perform....

Had Grandpa planned it? (But how could he have engineered that fast change in the weather?) And if he had known about the resultant gore and pain, would he still have had me lick the lock? Was it a spontaneous idea that he hadn't quite thought through? I'll never know.

But as it worked out, it quite fitted his sin-and-penalty equation. I was off the hook, but I hadn't gotten off scot-free. And it was therapeutic. My fevered yen to shine in public vanished like spit in a hot skillet, and that clamorous little internal Me-me-me had—at least momentarily—shut up. I couldn't hear it at all, filled as I was with a humble, pure and simple gratitude to whatever powers there be that now I didn't have to make that speech.

It seems to me that some disasters are best forestalled if you can swing it, or if you are lucky enough to have someone around who can swing it for you. Which reminds me that as I may have mentioned, my grandpa was a very kindly man. ■

50 FREEBIES FROM EXPERTS

From page 31

Tips for Travelers. Wherever you go—Miami or Mozambique—this brochure gives novice or seasoned travelers useful information on reservations, accommodations, credit, tipping, security and more. Send your request with a SASE to American Hotel and Motel Association, 888 Seventh Ave., New York, N. Y. 10019.

Camping—It's a Natural. Packed into this 12-page booklet is everything the novice camper needs to know, including information on buying tents and other camping equipment. There's even a checklist to use when planning an outing. Mail your request and a SASE to Canvas Products Association Intl., 350 Endicott Building, St. Paul, Minn. 55101. ■

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TALK ABOUT HAIR

From page 59

The Right Way to Shampoo

- Switch shampoos. Find a few that work for you and rotate them biweekly or monthly. This will keep your hair responding to the ingredients.
- If you shampoo your hair every day, use only one soaping to prevent hair from becoming too soft and flyaway.
- Treated hair—hair that's been permed, straightened, colored—needs special care in shampooing because it is more porous and absorbs more shampoo. Use only a small amount of shampoo and only one soaping, no matter how often you wash it.
- Don't hesitate to shampoo color-treated hair often. A mild, pH-balanced shampoo won't strip the color; what it will do is wash out any excess color to give a more natural look.
- Whatever you've heard before, it is not necessary to wait 24 to 48 hours to shampoo after having had a permanent. If you want to shampoo directly afterward, do so.
- Always brush hair thoroughly before shampooing. Besides making it easier to wash, the brushing stimulates the scalp and loosens dry flakes.
- Dilute shampoo with water (three parts water to one part shampoo) and don't apply directly to head. Put in palm of hand, then apply to hair.
- If you add a touch of apple cider to your rinse water it will restore your hair's natural pH balance.
- Make your final rinse a cold water one. Cold water will close the cuticles of your hair, making them lie down flat. This will create a smooth, reflective surface against which light bounces to produce shine.

Truths About Conditioning

- Every head needs some type of conditioning after shampooing, even the oily ones. Why? To compensate for the effects of the environment and the use of heat appliances, chemical processes, overbrushing and the like.
- Know the difference between rinses, conditioners and deep conditioners or treatments. Rinses are simply detanglers and have no conditioning effects. Conditioners, which come in almost as many formulations as shampoos, are temporary restorers and revitalizers. They don't penetrate the hair; they only coat the hair strands, forming a shield around the hair shaft that helps it to retain moisture. Deep conditioners or treatments are specially formulated to penetrate a weak or damaged hair shaft with nutrients that will bring it back to its natural, healthy state. They do not wash out in the next shampoo.
- Alternate conditioners as you do shampoo. Use one type one month, a different one the next.
- Avoid conditioners that require no rinsing out. They usually leave hair gummy.
- To distribute conditioner evenly use a large-tooth comb.
- Use a deep conditioner or treatment at least once a month; twice a month during the summer, when hair is ex-

posed to sun, wind and water. If hair is damaged, deep-condition at least twice a month until it becomes healthy again.

Beauty Boosters for Hair You Can Make at Home

Although there are many good conditioning and treatment formulas on the market, it's fun and easy to whip up your own at home. I've been doing it for years in the salon and the following recipes are my favorites.

- *Thyme Rinse for dandruff:* Boil 4 heaping tablespoons thyme in 2 cups water for 10 minutes. Strain and cool. Pour one cup over damp, shampooed hair and scalp. Massage in gently. Do not rinse. Makes two treatments. (Thyme is said to be effective in alleviating dandruff.)
- *Rosemary Rinse for dull hair:* Boil 4 tablespoons of rosemary in 2 cups water for 10 minutes. Strain; cool. Pour one cup over damp, shampooed hair. Massage into scalp. Rinse. Save rest for another treatment.
- *Mayonnaise and Yogurt Conditioner for dry hair:* Mix 2 tablespoons of mayonnaise with 2 tablespoons plain yogurt. Apply to towel-dried hair. Leave on for 10 to 20 minutes. Rinse well.
- *Vitamin E Treatment for damaged hair:* Mix contents of one 400 unit capsule vitamin E with 1 ounce soybean oil. With cotton ball, apply lightly to ends and where hair is most damaged. Comb through with large comb to distribute oils. Sit under dryer or heat cap for 15 minutes. Shampoo thoroughly, making sure you apply shampoo first and not water, because oil and water don't mix. Apply a second soaping. Finish with a cold water rinse. (Vitamin E adds shine and body.)
- *Flour Paste for frizzy hair:* Make a thin, gooey paste from 1 cup flour and $\frac{1}{2}$ cups cold water. Mix until lumps disappear. Apply to dry, unwashed hair, smoothing the mixture and your hair straight back. Leave on for 20 minutes. Rinse thoroughly about five minutes. Shampoo with one soaping of mild shampoo. Rinse with cool water. (Flouring is an ancient recipe that smooths the scales of the hair shaft, making it more manageable.)

How to Get the Cut You Want

To help you guide your stylist and get the cut you want, consider the following haircutting rules.

- Be sure your stylist starts with either a precise center part or no part when he cuts your hair. This allows for the most flexibility.
- If you want one length, think "duplex." This refers to a two-level, not a two-layered look. Hair is cut with the back a bit shorter than the front. The reason? Hair in the back grows twice as fast as sides and front. Secondly, when hair is shorter in back, it will swing forward in a pretty way when you move.
- To get the length you want, keep these tips in mind: Straight hair is shorter dry than wet. Curly hair looks shorter wet and longer after it has been blow-dried. If you let curly hair dry naturally, it will look shorter.
- Straight fine hair should never be cut in layers. This will remove bulk and make hair look thinner. (The only time straight fine hair can be layered is after a body wave.) Opt for a cut that's all the same length or angled in front.
- Wavy or curly fine hair—natural or permed—looks best cut in layers or angled. This makes the most of the wave and creates a look that's easiest to manage.
- Curly or straight thick hair takes well to a blunt cut. This gives the hair fullness, moveability and control.
- To keep a good cut looking its best, consider this cutting calendar: Short hair (layered) should be cut every 6 weeks; above shoulder-length (all one length or angled)—every 8-10 weeks; shoulder-length (all one length or angled)—every 10-12 weeks. If your hair starts to split at the ends, get a $\frac{1}{2}$ " trim immediately.
- Above all, avoid a stylist who favors razors. Razor cuts leave hair so thin that they split almost instantly.

Pro Brushing and Drying Tips

• For general use, choose a brush with a rounded or semicylindrical shape and rounded bristles that vary in length. This kind of bristle will not irritate the scalp or pull the hair and the contour shape will follow the natural contour of your head.

• The type of bristle you pick depends on the texture of your hair and the price you're willing to pay. *Natural bristles* are the most expensive but last longest. Hard, natural bristles are good for all textures; soft, natural bristles are best for very fine or treated hair. Mixed bristles are less expensive than natural and good for any texture hair except fine, but not recommended for sensitive scalps. *Nylon bristles* are inexpensive and good for any texture hair but not for sensitive scalps. *Plastic bristles* are excellent for wet or dry hair because they detangle without pulling. They are moderately priced and highly recommended for blow drying, and are best for medium to thick hair because bristles are strong.

• Brush hair every morning to wake up scalp; before shampooing to stimulate scalp; after setting to smooth out any lines or ridges; every evening so hair is free and relaxed for sleeping.

• The healthiest way to dry your hair is to let it dry by itself. After shampooing, towel dry; then shake head and use fingertips to get rid of excess water. If you want more volume, try my "jack-knife" trick. Bend at waist and straighten up quickly. Repeat several times.

• If you use a blow-dryer, do not overdo on the wattage. For fine hair, use between 500 and 600 watts only; for normal to thick hair, 800 to 1,000 watts.

• A blow-dryer attachment worth investing in is a diffuser head. Designed like a big shower head, a diffuser slips over the barrel end of your dryer and breaks up the flow of air. Instead of a blast of heat on one area, you get diffused warmth that wafts out gently to cover a larger section of hair.

• When blow-drying, always alternate hot and cool setting during the entire process and keep the dryer moving. ■



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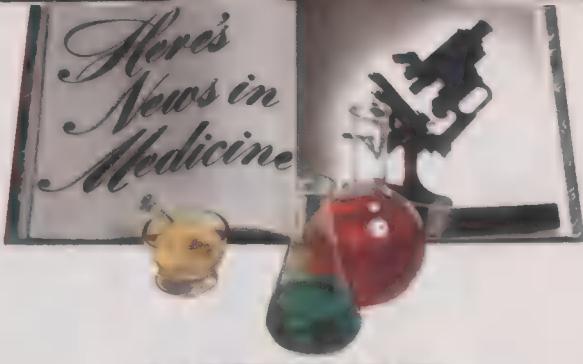
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By LAWRENCE GALTON

Smokeless tobacco

SMOKELESS KINDS of tobacco—snuff and chewing—are becoming increasingly popular with smokers who have had difficulty in breaking the addiction to nicotine. But, although commonly thought less harmful to health than smoking tobacco, the smokeless kinds also have hazards. Snuff, reports Dr. Alan Blum of the American Medical Association, may be even more dangerous to mouth and throat than cigarettes. It can cause gum disease, tooth abrasion, white patches on the throat that sometimes become cancerous. And chewing tobacco is still worse, according to Dr. Blum, causing cancers of mouth, throat and digestive tract.

Report from the American Medical Association.

Help for urinary stress incontinence

STRESS INCONTINENCE—the involuntary loss of urine on coughing, sneezing, straining or lifting—is a problem for many women. Now an intravaginal device called the Vagette 76 appears to be effective for the incontinence. The battery-operated instrument provides stimulation to improve pelvic muscle strength, report Drs. Robert S. Scott and G. S. Hsueh of the University of Southern California and Kaiser Permanente Medical Center, Los Angeles. All of a group of 51 women who were shown how to use the device twice a day for 15 to 20 minutes for two months responded with improvement of symptoms of incontinence. They also reported an improvement in their sexual function. The two physicians recommend that before surgery is considered in cases of urinary stress incontinence, patients be given the opportunity to use the Vagette 76 for two months.

American Journal of Obstetrics and Gynecology: Vol. 135, page 663.

Vitamin C for iron

TOTAL IRON intake in the diet is important, but even more important is how much of the iron is actually absorbed by the body. Some food substances—tea and fiber, for example—reduce absorption. Vitamin C, on the other hand, dramatically boosts body intake of iron, if taken with a meal. Dr. Sean R. Lynch and other investigators of the University of Kansas School of Medicine, Kansas City, report studies showing that volunteers taking 100 milligrams of vitamin C with a vegetable meal increased their iron absorption by 200 to 300%. Iron is better absorbed from meat containing meals. Still, it is estimated that 100 milligrams of vitamin C daily can increase iron absorption by 20 to 40% in people who eat meat regularly.

Report to New York Academy of Sciences symposium, New York City.

GYN exams: What women want

MANY WOMEN do not know what parts of the body actually are being checked during a gynecological examination. In a study of 977 women attending 14 health-care facilities in Salt Lake City, Jacqueline B. Petravage of the University of Utah School of Medicine found that while almost 75% knew that cervix, vagina and uterus were examined, 55.7% didn't know that the ovaries also were. And 12%—about 110 women—admitted that they had no idea of what was examined. Answering a questionnaire, 75% indicated they wanted the physician to tell them what was going to be done—and 62% wanted the examination performed more gently. Asked if it might be a good idea for them to be given a mirror to observe the exam, 46.5% said yes, 28.5% were undecided, only 25% said no.

Journal of Family Practice: Vol. 9, page 1039.

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BEST CHOCOLATE-CHIP COOKIES

Shown on pages 72-73

• For meaning of recipe symbols, see page 26.

TOLL HOUSE CHOCOLATE CRUNCH COOKIES ("THE ORIGINAL") (Ruth Wakefield)

This is the recipe as it appeared in the first Toll House Cookbook, and the one that spawned all the rest.

Bake at 375° for 10 minutes.
Makes 100 cookies at 5¢ each.

2 1/4 cups sifted all-purpose flour
1 teaspoon salt
1 cup (2 sticks) butter, softened
3/4 cup firmly packed brown sugar
3/4 cup granulated sugar
2 eggs
1 teaspoon baking soda
1 teaspoon hot water
1 cup chopped nuts
2 packages (6 ounces each)
semisweet chocolate pieces
1 teaspoon vanilla

1. Sift flour and salt onto wax paper. Preheat oven to moderate (375°). Grease several large cookie sheets.
2. Beat butter, brown and granulated sugars and eggs in a large bowl until smooth and well blended.
3. Dissolve soda in water and add to creamed mixture. Stir in flour mixture. Stir in nuts, chocolate and vanilla.
4. Drop dough by half teaspoonsful onto prepared cookie sheets.*
5. Bake in a preheated moderate oven (375°) for 10 minutes or until golden brown.

*At Toll House, we chill this dough overnight. When ready for baking, we roll a teaspoonful of dough between palms of hands and place balls 2 inches apart on greased cookie sheets. Then we press balls with fingertips to form flat rounds. This way the cookies do not spread as much in the baking and they keep uniformly round. They should be brown and crispy, not white and hard.

CHOCOLATE CHIP COOKIE MIX (Marian Burros)

Make cookies anytime you wish with this big quickie batch. It is enough for four batches of cookies, with each batch making about 40 crunchy little cookies.

Bake at 375° for 10 minutes for large cookies and 8 minutes for the small. Makes about 160 cookies (28 cups of mix) at 12¢ each.

9 cups sifted unbleached all-purpose flour
4 teaspoons baking soda
2 teaspoons salt
3 cups granulated sugar
3 cups firmly packed dark brown sugar
4 cups vegetable shortening
4 cups chopped pecans or walnuts
4 packages (12 ounces each)
semisweet chocolate pieces

1. Combine flour, baking soda, salt, granulated and brown sugars in a large bowl. Cut in shortening with a pastry blender or use fingers, until mixture is crumbly. Stir in nuts and chocolate. Store in container with tight-fitting lid

in refrigerator or freezer for up to 6 months.

2. To make and bake cookies: For one batch to make 30 three-inch or 40 small cookies: Beat 2 eggs slightly in a large bowl. Add 1 teaspoon vanilla and 7 cups of the mix. Stir until well-blended.
3. Drop dough by heaping tablespoons for large cookies or by heaping teaspoons for smaller ones, onto greased cookie sheets, about 2 inches apart.
4. Bake in a preheated moderate oven (375°) about 10 minutes for large and 8 minutes for small cookies. Cool on wire racks.

COOKIE CONNECTION COOKIES (Jacqueline Rozanski)

From Harborplace's (Baltimore, Maryland) well-known Cookie Connection comes this tasty adaptation of Jacqueline Rozanski's commercial chocolate chip recipe.

Bake at 350° for 13 minutes.
Makes 48 cookies at 8¢ each.

1 1/2 cups sifted all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup (2 sticks) butter, softened
1/3 cup granulated sugar
1/2 cup brownulated sugar
2 eggs
1 teaspoon vanilla
1 package (12 ounces) semisweet chocolate pieces

1. Sift flour, baking soda, baking powder and salt onto wax paper. Preheat oven to moderate (350°). Grease 2 large cookie sheets.
2. Beat butter, granulated and brownulated sugars, eggs and vanilla in a medium-size bowl until well mixed. Stir in flour mixture to make a soft dough. Stir in chocolate.
3. Drop dough by level tablespoonsful onto prepared cookie sheets, leaving 2 inches between.
4. Bake in preheated moderate oven (350°) for 13 minutes or until golden brown. Cool on wire racks.

BRANDYWINE CHOCOLATE CHIP COOKIES (Gertrude Lillian Tomic)

Besides being loaded with chocolate, these "sandwich" cookies get an extra boost from a coffee brandy frosting.

Bake at 375° for 10 minutes.
Makes 20 sandwich cookies at 32¢ each.

1/2 cup (1 stick) unsalted butter
2 squares unsweetened chocolate
1 1/2 cups sifted all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup firmly packed light brown sugar
1/2 cup granulated sugar
1 teaspoon vanilla
1/2 cup dairy sour cream
1 egg
1 cup finely chopped pecans
1 package (6 ounces) semisweet chocolate pieces
Coffee Brandy Frosting
(recipe follows)
Chocolate Glaze
(recipe follows)

1. Melt butter and unsweetened chocolate in a small saucepan over very low heat; pour into a large bowl; cool.

2. Sift flour, baking powder and baking soda onto wax paper. Preheat oven to moderate (375°). Grease a large cookie sheet.

3. Stir brown and granulated sugars, vanilla, sour cream and egg into cooled chocolate mixture; beat until blended. Stir in flour mixture until smooth. Stir in pecans and chocolate pieces.
4. Drop dough by heaping teaspoonsful onto prepared cookie sheet, spacing 2 inches apart. Grease bottom of a water glass lightly; dip in granulated sugar, and flatten dough as much as possible.
5. Bake in preheated moderate oven (375°) for 10 minutes. Remove to wire rack; cool completely.
6. Spread bottom of half the cooled cookies with Coffee Brandy Frosting; sandwich with a plain cookie. Frost with Chocolate Glaze.

COFFEE BRANDY FROSTING: Combine 1/2 cup (1 stick) softened unsalted butter and 2 tablespoons unsweetened cocoa powder in a medium-size bowl; beat until smooth. Stir 1 tablespoon instant coffee powder into 1 tablespoon water and 1/2 teaspoons brandy; then add to butter mixture. Beat in 2 1/2 cups sifted 10X (confectioners') sugar until smooth and spreadable.

CHOCOLATE GLAZE: Melt 2 squares semisweet chocolate with 3 tablespoons unsalted butter in a small saucepan over very low heat. Stir in 1 tablespoon brandy or coffee. Chill slightly until spreadable. Glaze tops of cookies.

CHICAGO CRUNCHY CHOCOLATE CHIP COOKIES (Mary Bogle)

Cornflakes give the extra "crunch" to these prize-winning cookies.

Bake at 350° for 12 minutes.
Makes about 96 cookies at 5¢ each.

3 1/2 cups sifted all-purpose flour
3 teaspoons baking soda
1 teaspoon salt
1/2 cup (1 stick) butter
1/2 cup (1 stick) margarine
1 cup firmly packed light brown sugar
1 cup granulated sugar
1 egg
1 tablespoon milk
2 teaspoons vanilla
1 cup vegetable oil
1 cup corn flakes
1 cup quick oats
1 package (12 ounces) semisweet chocolate pieces

1. Sift flour, baking soda and salt onto wax paper. Preheat oven to moderate (350°).
2. Beat butter, margarine, brown and granulated sugars, egg, milk and vanilla in bowl until well blended.
3. Stir in flour mixture alternately with oil until mixture is thoroughly mixed. Stir in corn flakes, oats and chocolate. Drop by heaping teaspoonsful onto ungreased cookie sheets, 2 inches apart.
4. Bake in a preheated moderate oven (350°) for 12 minutes or until golden brown. Cool on wire racks.

WASHINGTON, D.C. YWCA CHOCOLATE CHIP COOKIE FACSIMILE (Carol Finkelstein)

Chewy chocolate chip cookies with a delicious coconut taste.

Bake at 350° for 10 minutes.
Makes 12 cookies at 7¢ each.

To page 96



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Chips off the old block

It takes great American chocolate to make the great American chocolate chip cookie: Hershey's.

Chocolate. Rich, mouth-watering chocolate. That's what made Hershey America's chocolate company for 75 years — and that's what makes Hershey's Chocolate Chips so good.

Every chip is pure Hershey's through and through, and that makes every chocolate chip cookie a pure pleasure. (Can't you taste 'em right now — hot from the oven?)

Hershey has three kinds of chips to tantalize

you three ways: the classic Semi-Sweet Chocolate Chips, Milk Chocolate Chips, and those great little Mini Chips that give you more C.P.C.'s (Chips Per Cookie).

Of course, they are all real chocolate, made with all natural ingredients. In other words, they are Hershey's — real chips off the old block.



1½ cups unsifted all-purpose flour
 1 teaspoon baking soda
 ¼ teaspoon salt
 ¼ cup (½ stick) butter
 ¼ cup vegetable shortening
 ½ cup granulated sugar
 ¼ cup firmly packed dark brown sugar
 1 egg
 1 teaspoon vanilla
 ½ cup coarsely chopped walnuts
 ¼ cup flaked coconut
 ½ cup (half a 6-ounce package) semisweet chocolate pieces

1. Sift flour, soda and salt onto wax paper. Preheat oven to moderate (350°). Grease a large cookie sheet.
2. Beat butter, shortening, granulated and brown sugars, egg and vanilla in a large bowl until smooth. Stir in the flour mixture until well-blended. Stir in the walnuts, coconut and chocolate pieces.
3. Divide dough into 12 equal parts. Flatten each part to a 3½-inch round on prepared cookie sheet, leaving 1 inch of space between.
4. Bake in a preheated moderate oven (350°) for 10 minutes or until set. Cool on wire racks.

CHOCOLATE CHIP WHOLE-WHEAT COOKIES (Maida Heatter)

Crisp on the outside, semi-soft in the middle—these yummy drop cookies have the natural flavor of whole-wheat flour. Bake at 375° for 12 minutes. Makes 60 cookies at 10¢ each.

2½ cups lightly spooned whole-wheat flour
 ½ cup instant non-fat dry milk powder
 1 teaspoon baking soda
 ½ teaspoon salt
 1 cup (2 sticks) unsalted butter, softened
 1 teaspoon vanilla
 1½ cups firmly-packed dark brown sugar
 3 eggs
 ½ cup coarsely broken walnuts or pecans
 1 package (12 ounces) semisweet chocolate pieces

1. Adjust two oven racks to divide the oven into thirds. Line cookie sheets with aluminum foil. Preheat oven to moderate (375°).
2. Stir flour, dry milk powder, baking soda and salt in a medium-size bowl until blended.
3. Beat butter, vanilla, sugar and eggs in a large bowl with electric mixer on high speed, until well blended and lighter in color. Turn mixer to low speed. Gradually beat in the flour mixture just until blended. Stir in nuts and chocolate.
4. Drop dough by rounded teaspoonsful onto foil-lined sheets, spacing about 1½ inches apart. (They do not spread much.)
5. Bake in a preheated moderate oven (375°) two sheets at a time for 12 minutes, reversing the sheets top to bottom and front to back once during baking to ensure even browning. Bake until the cookies feel semi-firm to the touch and are slightly darkened. They should be well-baked, but watch them for burning. If you bake only one sheet at a time, bake on the higher rack, and one

sheet bakes in less time than two. Cool completely on wire racks.

OATMEAL COOKIES (Maida Heatter)

Semi-soft chocolate-studded cookies, best baked on double cookie sheets to protect the bottoms from burning.

Bake at 375° for 15 minutes. Makes about 54 cookies at 10¢ each.

1½ cups raisins
 1 cup water
 2 cups sifted all-purpose flour
 ¾ teaspoon baking soda
 1 teaspoon salt
 1½ teaspoons ground cinnamon
 1 cup (2 sticks) butter, softened
 1 teaspoon vanilla
 1 cup firmly packed dark brown sugar
 2 eggs
 1½ cups old-fashioned or quick oats (not instant)
 1 can (8 ounces) walnuts, coarsely broken (about 2¼ cups)
 1 package (6 ounces) semisweet chocolate pieces

1. Adjust oven rack one-third down from top of oven. Preheat oven to moderate (375°).
2. Boil raisins in water in a small saucepan, stirring occasionally, for 5 minutes. Drain; reserve raisins; measure cooking liquid. You will need ¼ cup plus 1 tablespoon of cooking liquid. If you do not have that much, add water to make up the difference.
3. Sift flour, baking soda, salt and cinnamon onto wax paper.
4. Beat butter, vanilla, sugar and eggs in a large bowl with electric mixer at high speed, until light and fluffy. Beat in raisin cooking water. Turn mixer to low speed. Beat in dry ingredients gradually, scraping down side of bowl with rubber spatula just until well-blended. Stir in oats, raisins, nuts and chocolate pieces.
5. Drop dough by heaping teaspoonsful onto ungreased cookie sheet about 2 inches apart. Place filled cookie sheet on a second cookie sheet.
6. Bake in a preheated moderate oven (375°) for 15 minutes or until well-browned. If necessary, reverse position of cookie sheet during baking to insure even browning. Cool completely on wire racks.

MOCHA COOKIES (Maida Heatter)

These call for three kinds of chocolate. The cookies are mocha, bittersweet, chewy and candylike.

Bake at 350° for 10 minutes. Makes about 36 cookies at 16¢ each.

2 squares unsweetened chocolate
 ½ squares semisweet chocolate
 2 tablespoons butter
 ¼ cup sifted all-purpose flour
 ¼ teaspoon double-action baking powder
 ½ teaspoon salt
 2 eggs
 ¾ cup sugar
 2 teaspoons instant coffee powder
 ½ teaspoon vanilla
 1 package (6 ounces) semisweet chocolate pieces
 1 can (8 ounces) walnuts or pecans, coarsely broken (about 2¼ cups)

1. Adjust oven rack one-third down from top of oven. Cut aluminum foil to fit cookie sheets. Preheat oven to moderate (350°).

2. Melt the unsweetened and the semi-sweet chocolate squares and the butter in the top of a double boiler over hot, not boiling, water. Stir until smooth; remove from heat; cool completely.

3. Sift flour, baking powder and salt into a medium-size bowl.

4. Beat eggs, sugar, coffee and vanilla in a small bowl with electric mixer at high speed until thick and fluffy, about 3 minutes. Beat in cooled chocolate. Beat mixture into dry ingredients until smooth and blended. Stir in chocolate pieces and nuts.

5. Drop mixture by heaping teaspoonsful 1 inch apart on the aluminum foil. (These barely spread at all.) Slide a cookie sheet under the foil.

6. Bake in a preheated moderate oven (350°) for 10 minutes or until tops are dry and crisp. Centers should remain soft and chewy. Do not overbake. Remove cookies to wire racks to cool. It is best to let these stand, or chill a bit, until chocolate pieces reharden.

CHOCOLATE CRACKS (Maida Heatter)

Crunchy dark chocolate cookies with crackly tops.

Bake at 350° for 12 minutes. Makes 48 cookies at 9¢ each.

3 cups sifted all-purpose flour
 1¼ teaspoons baking soda
 ½ teaspoon salt
 1½ cups firmly packed dark brown sugar
 ¾ cup (1½ sticks) butter
 2 tablespoons water
 1 package (12 ounces) semisweet chocolate pieces
 2 eggs

1. Adjust oven rack one-third down from top of oven. Cut aluminum foil to fit cookie sheets. Preheat oven to moderate (350°).
2. Sift flour, baking soda and salt onto wax paper.
3. Combine sugar, butter and water in a large saucepan. Cook, stirring constantly, until butter is melted. Stir in the chocolate pieces until they are partially melted. Remove pan from heat and continue to stir mixture until chocolate is completely melted. Pour into large bowl; let stand about 5 minutes to cool slightly.
4. Beat the eggs into the chocolate mixture, 1 at a time, with electric mixer on high speed. Turn mixer speed to low; gradually add the sifted dry ingredients, beating only until mixture is smooth and blended. Let dough stand for 10 minutes, or longer, until it is cool enough to handle.
5. Scoop a heaping teaspoonful of dough for each cookie; roll into a ball between palms of hands. Place balls, 2 inches apart, on the foil. Slide a cookie sheet under the foil.
6. Bake in a preheated moderate oven (350°) for 12 minutes or until tops are dry but not firm. Do not overbake. Cookies will crisp as they cool. Cool completely on wire racks.

SHINE LIKE NEW!

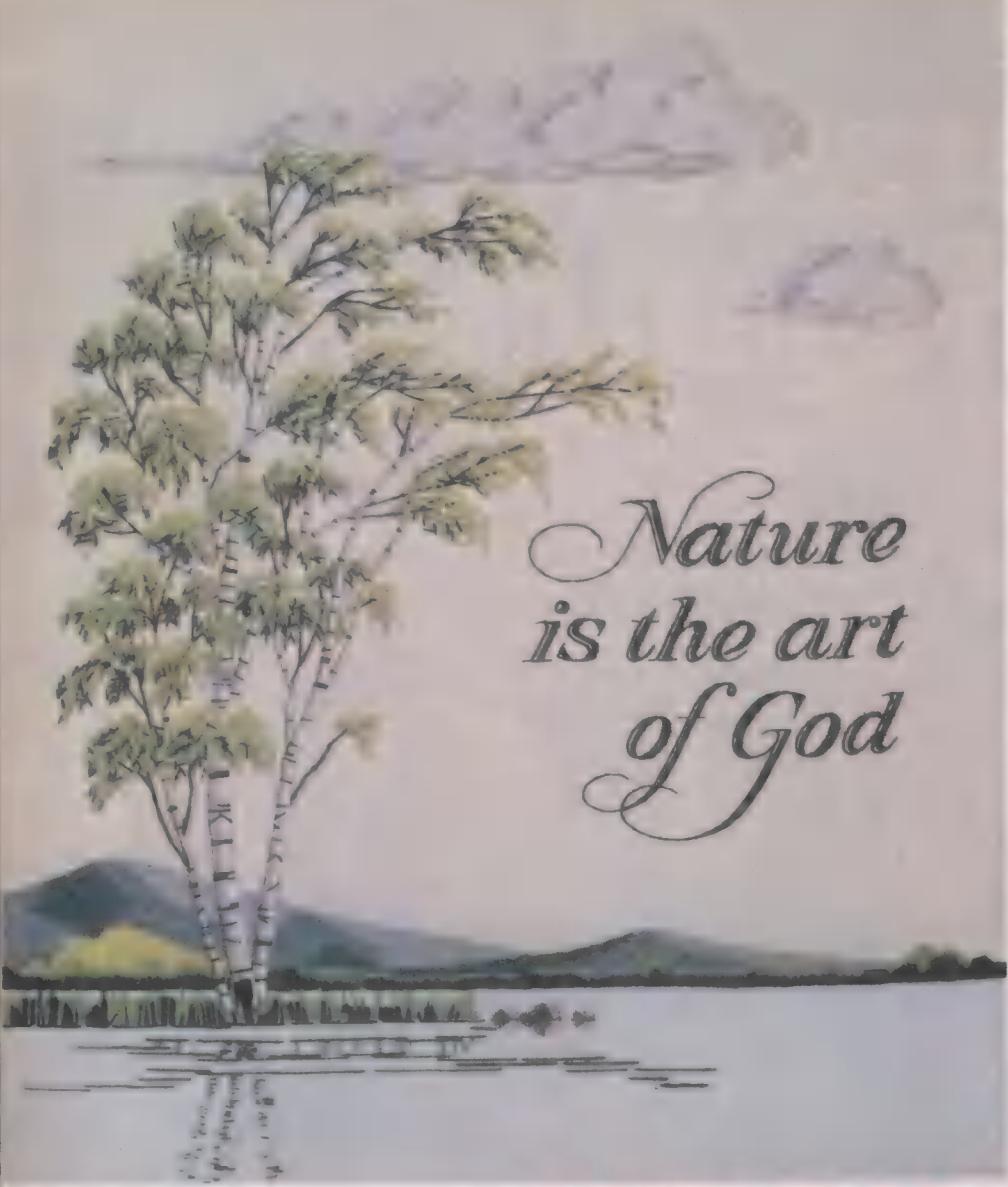
To make your kitchen appliances shine like new, apply car wax and polish. The result is unbelievable.—CAROL THOMPSON, Rockford, Ill.

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SHOW 'EM YOU LOVE 'EM From page 74

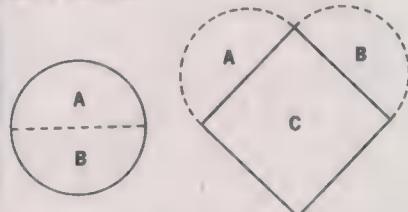
into a special occasion by giving one of the expensive ingredients along with a copy of the recipe. Like: A bottle of wine for Beef Burgundy, wild rice for a favorite casserole, or shrimp for an appetizer spread.

For Relatives

- *The Gift of Gab:* Telephone companies offer gift certificates they will mail to whomever you wish. This is a perfect way to let your parents or any other relative you care for know that you'd love to hear from them. The recipient simply mails in the coupon in place of money with the monthly telephone bill. If this sounds like a good idea to you, call your local phone company for more information.

For the Man In Your Life

- *Light Up His Life:* Create a romantic atmosphere by dabbing his favorite perfume on any cool, unlit lightbulbs. Once the light is turned on, it immediately releases the fragrant aroma.
- *Show Him Your Heart's in the Right Place:* Make your Valentine a heart-shaped cake. First bake both a round and a square cake. Cut the round cake in half, then turn the square cake so that the corners face you in a diamond shape. Place each half of the round cake next to the two uppermost sides of the diamond, flat sides together. Now you have a perfect heart-shaped cake. Just frost, decorate with a love note and have a heart.



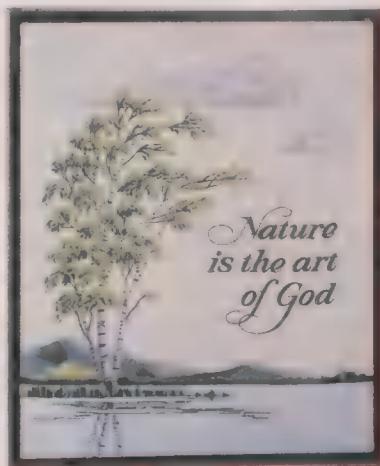
- *And You've Got the Right "Spirit":* Prepare these easy-to-fix-and-serve cocktails for a special evening: 1 12-oz. can frozen lemonade concentrate; 1 can bourbon; 3 cans water; maraschino cherries. Mix and pour half into ice-cube trays. Reserve other half of liquid to pour over cubes in glass. Put maraschino cherries in every fourth cube. Freeze. Use 4 cubes per old-fashioned glass. Slightly crush partially frozen cubes with fork, pour the reserve liquid over cubes and serve. Makes approximately 8 large drinks.

- *Let Me Call You Sweetheart:* If your man has been especially helpful and thoughtful, show him how much you appreciate it by giving him a sweetheart award. Make the award in the form of a coupon and slip it in an obvious place such as a lunch box, briefcase or dresser drawer. Inform him that the coupon is redeemable on a given date for a back rub, a favorite meal or let your imagination run wild.
- *My Irreplaceable You:* If you can't pull your husband away from weekend chores, hire a handyman or a neighborhood teenager—and plan a romantic getaway for you and your mate! ■

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energy as possible, the problem would be diminished considerably. Yes, one would have to give up a few extra trips to the store, a few unnecessary errands each week, and keep the thermostat down. But isn't it more sensible to make a concerted effort to be less wasteful than to become enraged at the people who are raising the price of oil? After all, when you think about it, it is their oil, and it is an economic fact of life to use supply and demand to regulate prices.

These Are the Good Old Days!

Okay. Feeling a little more in control? There are some interesting points to make about the other problems that repeatedly confront us in the headlines and in everyday life. Consider inflation: Did you know that in the "good old days" the average worker had to labor an hour for a loaf of bread and a quart of milk? Today, the average worker earns the corresponding amount in less than 20 minutes! Similarly, in those good old non-inflated days, few could afford luxuries equivalent in cost to a color television set or an automobile. Today the average home in the United States has at least two TV sets and at least one car, which isn't too bad, after all.

To put it simply, those who long most for the "good old days" usually have short memories. While we must be willing to attack the cancer of inflation, we should also keep in mind that, generally speaking, we have never had it so good. And that all segments of our society, including the poorest and the middle class, are much better off today than they were only a few generations ago. What's more, even in these complicated economic times, there have never before been so many wonderful opportunities for women in business and professional life, certainly a cause for rejoicing instead of feeling gloomy and depressed.

In fact, right now we need strong-minded, determined people in every field of endeavor. For those who are willing to try new career positions, market their own skills and go out and work hard either for themselves or others, the sky is still the limit, as opportunities have never been greater.

Take Action to Protect Yourself

It's productive to find positive ways to handle other, even frightening, problems. Fearful about crime in the streets and in the schools? As a former teacher I can understand that. But you can and should work to diminish the effects of this problem. You can do this if you take sensible precautions to avoid being victimized by criminals. Combine your concerns with your neighbors' to ensure that you have safer streets, using the most effective anti-crime strategies that are available to you.

Make a concerted effort to rid your schools of the criminal element, who make teaching and learning an impossibility. Crime is causing teachers to leave schools in alarming numbers.

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While these school "disrupters" obviously need help and rehabilitation, they must not be allowed to turn our schools into blackboard jungles. Become active in helping to formulate policies which will rid our schools of those who totally refuse to cooperate with the authorities. By taking action into your own hands and helping to make your neighborhood schools clean and safe for everyone, you will be part of the solution rather than a helpless observer or victim of this worrisome problem.

Work at Positive Attitudes

Besides developing positive attitudes, you can also develop a general code of conduct that will help you eliminate that horrible, sinking, feeling you have when you are confronted by problems seemingly bigger than yourself. Following are some principles I think about and use successfully in my everyday life. I am certain that they can work for you, too.

- Always remember that when things become most bleak, we need people who can keep their cool, who can focus on the problem rather than their own feelings of self-pity. So keep in mind that *you* decide what thoughts are to be in your head. If you simply refuse to think fearful or worrisome thoughts and instead focus on what you can do constructively about a given issue, then you'll be on your way to keeping yourself "up" and happy, even in the worst of times.
- Work each day at not being a nega-

tive person. As you become more positive in your approach to life you will also become more focused on solutions and the big problems will simply get solved, first for you and then for everyone else as well.

- Recognize that everything in the world represents an opportunity if you know how to view it as that. For example, think about alternatives to high food prices—try changing your menus and learning new recipes. If you have to give up expensive family treats, find ways for the family to have fun together inexpensively. It can be done.

Many people today are looking at our problems as great challenges. They are inventing and installing energy-saving devices in their homes. They are using wood stoves, or making their fireplaces more efficient. Others have formed citizens' groups to cut down on vandalism and have banded together to clean up their neighborhoods. Some people have devoted their lives to feeding the world's hungry and to helping refugees. One can make a difference. Remember that wonderful quote about Eleanor Roosevelt: "She would rather light candles than curse the darkness." The point is, when you see big problems as a challenge rather than as a ball and chain around your neck, you have given yourself an opportunity to meet that challenge. Not only will the problems begin to subside for you and others, but you will feel a stronger sense of purpose and meaning in your own life. ■

PUNCH UP 10 SELECTIONS

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304246 ★ BOB JAMES	304279 ★ STATLER BROTHERS 10TH ANNIVERSARY
301556 ★ THE BEACH BOYS Keepin' the Summer Alive	302869 ★ EMMYLOU HARRIS Roses In The Snow
304329 ★ DON WILLIAMS I Believe In You	302919 ★ AIR SUPPLY LOST IN LOVE
300590 ★ ABBA GREATEST HITS, VOL. 2	300525 ★ THE BEST OF EDDIE RABBITT
300087 ★ AEROSMITH Night In The Ruts	304360 ★ WILLIE NELSON AND THE SAN ANTONIO ROSE
289869 ★ MAC DAVIS' GREATEST HITS	303818 ★ CARLY SIMON COME UPSTAIRS
288570 ★ BLONDIE EAT TO THE BEAT	288240 ★ MOLLY HATCHET Flirtin' With Disaster
305573 ★ JOHNNY PAYCHECK NEW YORK TOWN	298598 ★ EAGLES THE LONG RUN
302471 ★ Englebert Humperdinck I Only Love	297655 ★ CRYSTAL GAYLE Miss The Mississippi
297408 ★ JACKSON BROWNE Late For the Sky	298354 ★ THE KENDALS Just Like Real People
301549 ★ BOZ SCAGGS MIDDLE MAN	305326 ★ Melissa Manchester For The Working Girl
303743 ★ The Blues Brothers Original Motion Picture Soundtrack	290247 ★ CAT STEVENS BACK TO EARTH
284257 ★ PABLO CRUISE WORLDS AWAY	289080 ★ NAT KING COLE Love Is Here To Stay
272104 ★ TOM JONES SAY YOULL STAY UNTIL TOMORROW	300285 ★ JEAN-PIERRE RAMPAHL GREATEST HITS VOL. 1
301465 ★ FREDDY FENDER Together We Drifted Apart	304907 ★ VARIOUS ARTISTS BROADWAY MAGIC VOL. 1
295253 ★ DIONNE WARWICK DIONNE	291500 ★ BEST OF THE DOORS
290171 ★ Steve Miller Band Greatest Hits '74-'78	274993 ★ CARPENTERS PASSAGE
305235 ★ JOHNNY DURCAN AND JANIE STRIKE NICE 'N EASY	302877 ★ ELTON JOHN GREATEST HITS
288740 ★ LINDA RONSTADT'S GREATEST HITS	294744 ★ Charlie Daniels Band Million Mile Reflection
249813 ★ BURT BACHARACH'S GREATEST HITS	281588 ★ JOHNNY MATHIS YOU LIGHT UP MY LIFE
298455 ★ THE BELLAMY BROTHERS THE TWO AND ONLY	305193 ★ LARRY GATLIN THE GATLIN BROS. BAND HELP YOURSELF
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305169 * AL STEWART AND BROTHERS IN THE DARK	305219 * MOLLY HATCHET Beatin' The Odds	304071 * LARRY GRAHAM One In A Million You	303552 COLUMBIA JOHNNY MATHIS Different Kinda Different	303800 * MOTOWN DIANA ROSS DIANA	303123 * ARISTO PETE TOWNSHEND EMPTY GLASS
304378 * ALMAN BROTHERS BAND REACH FOR THE SKY	303461 * FREDDIE HUBBARD SKAGLY	302950 * ANNE MURRAY Somebody's Waiting	302125 * RUPERT HOLMES Partners In Crime	303537 * MERCURY PETER GABRIEL	304345 * WARNER BROTHERS THIS TIME
304139 * EDDIE MONEY PLAYING FOR KEEPS	304253 * EDDIE RABBITT HORIZON	302620 * GENESIS DUKE	305607 * TAMMY WYNETTE Only Lonely Sometimes	304196 * EPIK CHARLIE DANIELS BAND FULL MOON	304220 * A&M HERB ALPERT BEYOND
303494 * KISS UNMASKED	302448 * JUDY COLLINS RUNNING FOR MY LIFE	300982 * THE STASLER BROTHERS RIDES AGAIN, VOL. 2	302026 COLUMBIA RAVEL: BOLERO Bernstein, N.Y. Phil.	303445 * COLUMBIA VILLAGE PEOPLE CAN'T GET ENOUGH OF THE MUSIC	305250 * COLUMBIA LACY J. DALTON HARD TIMES
305599 * MAYNARD FERGUSON ELDO'S GREATEST HITS	300095 * ELECTRIC LIGHT ORCH. ELDO'S GREATEST HITS	304083 * ROBBIE DUPREE	299081 * PEACHES & HERB THE FIRE	302588 * COLUMBIA HERBIE HANCOCK MONSTER	302067 * COLUMBIA MUSIC FROM THE ORIGINAL MOTION PICTURE SOUNDTRACK ALL THAT JAZZ
303529 * ELEKTRA ORIGINAL MUSIC SOUNDTRACK FROM CLIFF LASHMORE'S BRONCO BILLY	298042 * PAT BENATAR IN THE HEAT OF THE NIGHT	299701 * VARIOUS ARTISTS DO-WOP GOLD, VOL. II	303180 * WARNER BROTHERS CHIC COREA TAP STEP	297887 * WARNER BROTHERS STEVE MARTIN COMEDY IS NOT PRETTY	299963 * CAPITOL ANNE MURRAY I'LL ALWAYS LOVE YOU
297473 FOREIGNER HEAD GAMES	291918 DEEPER FRANK SINATRA'S GREATEST HITS	303438 * EPIK TED NUGENT SCREAM DREAM	298804 * STYX CORNERSTONE	291021 SUPERTRAMP BREAKFAST IN AMERICA	291005 * A&M KRIS KRISTOFFERSON RITA COOLIDGE NATURAL ACT
292151 COLUMBIA NEIL DIAMOND YOU DON'T BRING ME FLOWERS	305227 * COLUMBIA ELVIS COSTELLO TAKING LIBERTIES	305052 * AM L.T.D. SHINE ON	303479 LONDON TCHAIKOVSKY: Symphony No. 5 Mehta, Conducting, L.A. Phil.	305243 * EPIK JOHNNY RODRIGUEZ GYPSY	292783 * DECCA LIBERACE THE KING OF THE CLASSICS
292243 * A&M JACKSON BROWNE THE PRETENDER	303580 * COLUMBIA GEORGE JONES AND THE STASLER BROTHERS DOUBLE TROUBLE	305581 * COLUMBIA RAY CONNIFF PERFECT '10' CLASSICS	296914 * FLEETWOOD MAC RUMOURS	296866 * EPIK CARLY SIMON BOYS IN THE TREES	303685 * ARISTA AVERAGE WHITE BAND SHINE
290155 * CAPITOL THE MARSHALL TUCKER BAND GREATEST HITS	291211 * WARNER BROTHERS NICOLETTE LARSEN NICOLETTE	289431 * EPIK JOHNNY PAYCHECK ARMED AND CRAZY	291278 * WARNER BROTHERS THE DOOBIE BROTHERS BEAT OF THE DOOBIES	293739 * EPIK ENGLEBERT HUMPERDINK LAST OF THE ROMANTICS	301175 * COLUMBIA THE KENDALLS HEART OF THE MATTER
303578 * INC. MICKEY GILLEY THAT'S ALL THAT MATTERS TO ME	279430 COLUMBIA BOZ SCAGGS DOWN TWO, THEN LEFT	299805 COLUMBIA LOGGINS & MESSINA BEST OF FRIENDS	270680 * ARISTA SATURDAY NIGHT LIVE ORIGINAL TV CAST	297705 * COLUMBIA BOB BANDY & JOE STANLEY JUST GOOD OL' BOYS	305177 * COLUMBIA LYNN ANDERSON EVEN COWGIRLS GET THE BLUES
301776 * COLUMBIA BLACK SABBATH HEAVEN AND HELL	299632 * COLUMBIA ROBIN WILLIAMS REALLY...WHAT A CONCEPT	305201 * HEMPEROR STEVE FORBERT LITTLE STEVIE ORBIT	304659 * COLUMBIA THE BEST OF MAYNARD FERGUSON	279133 * EPIK MEAT LOAF BAT OUT OF HELL	286682 * ATLANTIC ABBA ABBA'S GREATEST HITS
305151 * WARNERS VAN MORRISON COMMON ONE	277491 * COLUMBIA BILLY JOEL THE STRANGER	290270 * ARISTA DON'T CRY OUT LOUD MELISSA MANCHESTER	303828 * CAPITOL HELEN REDDY TAKE WHAT YOU FIND	282226 ARISTA BARRY MANILOW EVEN NOW	303594 * COLUMBIA LARRY GATLIN THE PILGRIM
295237 * CAPITOL THE BEST OF NAT KING COLE	303996 * COLUMBIA SEALS & CROFTS THE LONGEST ROAD	298012 * SESAME STREET SESAME DISCO VARIOUS ARTISTS	210917 * HIGH GREASE ORIGINAL CAST & NEW RECORDING	303586 * COLUMBIA WITH LOVE, MARTY ROBBINS	279057 * DECCA THE BEST OF JOAN BAEZ
207324 ARISTA ORIGINAL BROADWAY CAST GOSPEL	236385 CARPENTERS The Singles 1969-1973	301937 * AM GQ TWO	297549 * COLUMBIA LARRY GATLIN & THE GATLIN BROTHERS STRAIGHT AHEAD	285122 * CAPITOL ANNE MURRAY LET ME TELL YOU THAT WAY	283762 * DECCA THE STASLER BROS. SINGIN' ON AND OFF THE RECORD
297663 * COLUMBIA MARTY ROBBINS ALL AROUND COWBOY	292904 ANNE MURRAY NEW KIND OF FEELING	285066 EPIK BOSTON DON'T LOOK BACK	275743 COLUMBIA BARBRA STREISAND STREISAND SUPERSTAR	301416 * COLUMBIA JANIE FRICKE FROM THE HEART	304824 * MCA POCO UNDER THE GUN
275818 * ARISTA MELISSA MANCHESTER SINGIN'...	302240 * COLUMBIA K.C. & THE SUNSHINE BAND GREATEST HITS	301572 * WARNER BROTHERS MARSHALL TUCKER BAND TENTH	299222 * EPIK GEORGE JONES MY VERY SPECIAL GUESTS	276428 COLUMBIA JAMES TAYLOR JT	269209 * EPIK BOSTON MORE THAN A FEELING
301531 * COLUMBIA FREDDY WELLER GO FOR THE NIGHT	291195 ESYLINE LINDA RONSTADT LIVING IN THE U.S.A.	283887 * EPIK WILLIE NELSON STARDUST	274738 * MCA LORETTA LYNN COAL MINER'S DAUGHTER	305185 * COLUMBIA KANSAS AUDIO-VISIONS	279299 COLUMBIA NEIL DIAMOND I'M GLAD YOU'RE HERE WITH ME TONIGHT
257887 * THE BEST OF THE STASLER BROS.	28472 ARISTA AL STEWART TIME PASSAGES	298356 * EPIK CHEAP TRICK DREAM POLICE	284984 COLUMBIA JOHNNY MATHIS & DENICE WILSON THAT'S WHAT FRIENDS ARE FOR	274849 * EPIK CHARLIE DANIELS BAND JOHN CONLEE & WOODY NELSON	290874 COLUMBIA RAY CONNIFER PLAYS THE BEL GRANGE OTHER GREAT HITS
282558 * MCA CRYSTAL GAYLE I'VE CRIED THE BLUE RIVER OUT OF MY EYES	293668 * WARNER BROTHERS EMMY LOU HARRIS BLUE KENTUCKY GIRL	298869 * WARNER BROTHERS MAUREEN McGOVERN	298612 * AM HERB ALPERT RISE	281097 * LONDON CAT STEVENS CAT'S CRADLE	302976 * ARISTA GRATEFUL DEAD GO TO HEAVEN
302521 * COLUMBIA MANHATTANS AFTER MIDNIGHT	279285 * E&M CHUCK MANGIONE FEELS SO GOOD	304782 * COLUMBIA SELECTIONS WITHIN TWO NUMBERS ARE 2 RECORDS SET IN DOUBLE LENGTH TAPES AND COUNT AS TWO SELECTIONS WITH EACH NUMBER IN A SEPARATE BOX	303877 * COLUMBIA THE KINKS	280738 * MERCURY BOSTON POPS ORCHESTRA ARTHUR FIEDLER CONDUCTING SATURDAY NIGHT FIEDLER	278646 * E&M CAPTAIN & TENNILLE'S GREATEST HITS
298778 * ZZ TOP ZZ TOP	301168 * ROY AYERS			286948 * THE EAGLES FORNIA	286971 * WARNE BROTHERS STEVE MARTIN LET'S GET SMALL



plus shipping
and handling

Special Start-Your-Membership-Now Offer: you may also choose your first selection right now—and we'll give it to you for at least 50% off regular Club prices (only \$3.99). Enclose payment now and you'll receive it with your 10 introductory selections. This half-price purchase reduces your membership obligation immediately—you'll then be required to buy just 7 more selections (instead of 8) in the next three years. Just check box in application and fill in number you want.

present to just "try out" the Club on a trial basis...



NOTE: all applications are subject to review and Columbia House reserves the right to reject any application. This offer not available in APO, FPO, Alaska, Hawaii, Puerto Rico. Please write for details of alternative offer. Canadian residents will be serviced from Toronto.

Here are the "Gold Boxes" you've seen on TV—
fill them in and get 2 extra selections!

Columbia Record & Tape Club, P.O. Box 1130
Terre Haute, Indiana 47811

I am enclosing check or money order for \$1.86 (that's 1¢ for my 10 introductory selections, plus \$1.85 for shipping and handling). Please accept my application under the terms outlined in this advertisement. I agree to buy 8 more tapes or records (at regular Club prices) in the next 3 years—and may cancel membership anytime after doing so.

Write in numbers of 10 selections
—one number in each box

SEND MY SELECTIONS IN THIS TYPE OF RECORDING (check one only):

8-Track Cartridges Cassettes Reel Tapes Records

MY MAIN MUSICAL INTEREST IS (check one): THQ/2A
(But I am always free to choose from any category)

Easy Listening 2 Teen Hits 7 Classical 1

Country (no reel tapes) Jazz 4 (no reel tapes)

Mr. Mrs. Miss Print First Name Initial Last Name

Address _____ Apt. _____

City/State _____ Zip _____

Do You Have A Telephone? (Check one) YES NO SSI

Also send my first selection for at least a 50% discount, for which I am also enclosing additional payment of \$3.99. I then need buy only 7 more selections (at regular Club prices) in the next three years.

THS/2C

THR/2B

THT/2D

ied. You will always have at least 10 your decision. If you ever receive without having had at least 10 days may return it at our expense. nd records you order during your will be mailed and billed at regular which currently are \$7.98 or shipping and handling. (Multiple-Double Selections may be some- And if you decide to continue as a r completing your enrollment will be eligible for our generous, bonus plan.

rial: we'll send details of the Club's your introductory shipment. If you ed for any reason whatsoever, just ing within 10 days for a full refund ave no further obligation. So you nothing by acting now!

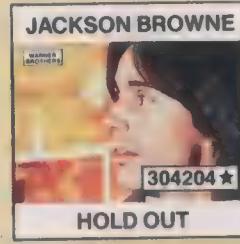
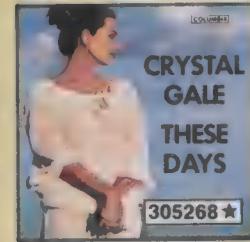
■ the application is missing, write to Columbia Record & Tape Club, Dept. THQ/2A Terre Haute, Ind. 47811

PUNCH UP 10 SELECTIONS

304384 * GEORGE BENSON Give Me The Night	302455 * AMBROSIA ONE EIGHTY
304246 * BOB JAMES ^{W.H.}	304279 * STALTER BROTHERS 10TH ANNIVERSARY
301556 * THE BEACH BOYS Keepin' The Summer Alive	302869 * WALTER BROTHERS Roses In The Snow
304329 * DON WILLIAMS I Believe In You	302819 * AIR SUPPLY LOST IN LOVE
300590 ABBA® GREATEST HITS, Vol. 2	300525 * THE BEST OF EDDIE RABITT
300687 * AEROSMITH Night In The Ruts	304360 * WILLIE NELSON AND RAY PRICE SAN ANTONIO ROSE
299569 * MAC DAVIS' GREATEST HITS	303818 * CARLY SIMON COME UPSTAIRS
298570 BLONDIE Eat To The Beat	298240 * MOLLY HATCHET Flirtin' With Disaster
305573 * JOHNNY PAYCHECK NEW YORK TOWN	298596 EAGLES THE LONG RUN
302471 * Engelbert Humperdinck Love's Only Love	297655 * CRYSTAL GAYLE Miss the Mississippi
297408 * JACKSON BROWNE Late For The Sky	293654 * THE KENDALLS Just Like Real People
301549 BOZ SCAGGS MIDDLE MAN	305326 * MELISSA MANCHESTER For The Working Girl
303743 * The Blues Brothers	290247 * CAT STEVENS BACK TO EARTH
204257 * PABLO CRUISE WORLDS AWAY	285080 * NAT KING COLE Love Is Here To Stay
272104 * TOM JONES SAY YOULL STAY UNTIL TOMORROW	300285 JEAN-PIERRE RAMBAUD'S GREATEST HITS VOL. 2
301465 * FREDDY FENDER Together We Drifted Apart	304907 * VARIOUS ARTISTS BROADWAY MAGIC VOL. II
295253 * DIONNE WARWICK DIONNE	291500 * BEST OF THE DOORS
290171 * Steve Miller Band Greatest Hits '74-'78	274993 * CARPENTERS PASSAGE
305235 * JOHNNY DUNCAN AND JAVIE PRICKS HIDE 'N' RABY	302977 * ELTON JOHN GREATEST HITS
288760 * LINDA RONSTADT'S GREATEST HITS	294744 * Charlie Daniels Band Million Mile Reflection
248913 * BURT BACHARACH'S GREATEST HITS	281568 * JOHNNY MATHIS YOU LIVED UP MY LIFE
298455 * THE BELLAMY BROTHERS THE TWO AND ONLY	305193 * GORDON LIGHTFOOT DREAM STREET ROSE
291427 * THE BEST OF BREAD	261245 * MEL TILLIS AND THE COUNTRY BOYS M-M-M-MEL LIVE
302802 * MEL TILLIS AND THE COUNTRY BOYS M-M-M-MEL LIVE	294843 * THE DOOBIE BROTHERS
285189 * Captain & Tennille Dream	287003 * EASY LISTENING
284034 * Tom T. Hall Greatest Hits, Vol. III	302356 * RAY CHARLES
297556 * RAY CONNIFF I WILL SURVIVE	284844 * BONNIE RAITT
287138 * CHICAGO® HOT STREETS	291773 * THE MUPPET BROTHERS
301614 * Gordon Lightfoot Dream Street Rose	284141 * THE DOOBIE BROTHERS
282445 * THE LETTERMEN All Time Greatest Hits	304853 * EASY LISTENING
260737 * HELEN REDDY'S GREATEST HITS	279281 * COUNTRY 5
295105 * The Muppet Movie ORIGINAL SOUNDTRACK	288332 * COUNTRY 4
301390 * Johnny Rodriguez Through My Eyes	301069 * GORDON LIGHTFOOT
291435 * LED ZEPPELIN	305050 * GORDON LIGHTFOOT
297218 * JOHNNY CASH SILVER	288597 * LIFESONG
305409 * RAY GOODMAN & BROWN II	298562 * CHRYSLER
305029 * BARRY GOUDREAU	302042 * LIFESONG

* Available on records and cassettes only

1¢ **SELECT 10 ALBUMS**



TRIAL-MEMBERSHIP APPLICATION

Columbia Record & Tape Club, P.O. Box 1130
Terre Haute, Indiana 47111

Yes, I'd like to "try out" the Club—so I'm enclosing check or money order for \$1.00 (that's 1¢ for my 5 introductory selections, plus 99¢ for shipping and handling). Please accept my trial-membership application under the terms outlined the right. I agree to buy four more selections (at regular Club prices) during the coming three years—and I may cancel my membership at any time after doing so.

Write in the numbers of your 6 selections.

SEND MY SELECTIONS IN THIS TYPE OF RECORDING (check one only):
 8-Track Cartridges Cassettes Reel Tapes Records

MY MAIN MUSICAL INTEREST IS (check one): THV/2E
(But I am always free to choose from any category)

Easy Listening 2 Teen Hits 7 Classical 1
 Country 5 (no reel tapes) Jazz 4 (no reel tapes)

Mr. Mrs. Miss Print First Name Initial Last Name
 Address: _____ Apt. _____

City/State: _____ Zip: _____
 Do You Have A Telephone? (Check one) YES _____ NO _____ S81

This offer not available in APO, FPO, Alaska, Hawaii, Puerto Rico.

Please write for details of alternative offer.

Canadian residents will be serviced from Toronto.

Also send my first selection for at least a 50% discount, for which I am also enclosing additional payment of \$3.99. I then need buy only 3 more selections (at regular Club prices) in the next three years.

THX/2G

THW/2F

THY/2K

Take a trial membership and get

**6 ALBUMS
1 CENT**
plus shipping and handling

If you are just an occasional record or tape buyer—if you prefer not to obligate yourself to purchase eight more selections—or if you cannot find 10 selections you want right now—here's a perfect opportunity to "try out" the Club on a special trial basis!

Just fill out the special "Trial-Membership Application" at the left—and we'll send you ANY 6 records or tapes—**ALL 6 for only 1¢ plus shipping and handling.** In exchange, you simply agree to buy only four selections (at regular Club prices) during the coming three years. Think of it—only four selections and you have three whole years in which to buy them! *And that's all there is to it!*

As a Trial Member, you'll enjoy *all* of the benefits of regular membership under the terms previously described in this advertisement—but you may cancel at any time after buying four selections. So if you'd prefer to enroll under this special "get acquainted" offer—mail the application today, together with only \$1.00 (that's 1¢ for your 6 introductory albums, plus 99¢ for shipping and handling). Read the advertisement for details on how the Club works.

Special Start-Your-Membership-Now Offer: you may also choose your first selection right now—and we'll give it to you for at least 50% off regular Club prices (only \$3.99). Enclose payment now and you'll receive **11** with your 6 introductory selections. This half-price purchase reduces your membership obligation immediately—you'll then be required to buy just 3 more selections (instead of 4) in the next three years. Just check box in application and fill in number you want.

Here's the "Gold Box" you've seen on TV
—use it to get an extra selection

FOR ONE CENT!

They're yours!—If you join the Columbia Record & Tape Club now and agree to buy 8 more selections (at regular Club prices) in the next 3 years

plus
shipping
handling

OVER 290 ALBUMS
TO CHOOSE FROM

305169 *	AL STEPHAN AND BROTHERS Singin' In The Rain	305219 *	MOLLY HATCHET Beatin' The Odds	304071 *	LARRY GRAHAM One In A Million You	303552	JOHNNY MATHIS Different Kinds Different	303800 *	DIANA ROSS DIANA	303123 *	PETE TOWNSHEND EMPTY GLASS
304378 *	Alman Brothers Band Reach For The Sky	303461 *	Freddie Hubbard SKAGLY	302950	ANNE MURRAY Somebody's Waiting	302125 *	RUPERT HOLMES Partners In Crime	303537 *	PETER GABRIEL	304345 *	AL JARREAU THIS TIME
304139 *	EDDIE MONEY Playing For Keeps	304253 *	EDDIE RABBITT HORIZON	302620 *	GENESIS DUKE	305607 *	TAMMY WYNETTE Only Lonely Sometimes	304196 *	Charlie Daniels Band FULL MOON	304220	HERB ALPERT BEYOND
303404 *	KISS UNMASKED	302448 *	JUDY COLLINS Running For My Life	300982 *	THE BEST OF THE STALLER BROTHERS ROBES AGAIN, VOL. II	302026	RAVEL: BOLERO Bernstein, N.Y. Phil.	303446 *	Original Motion Picture Soundtrack VILLAGE PEOPLE Can't Stop the Music	305250 *	Lacy J. Dalton HARD TIMES
305599 *	MAYNARD FERGUSON IT'S MY TIME	300985	Electric Light Orch. ELO'S TALLEST HITS	304063 *	ROBBIE DUPREE	299801 *	PEACHES & HERB TWICE THE FIRE	302858 *	HERBIE HANCOCK MONSTER	302067 *	MUSIC FROM THE ORIGINAL MOVIE "THE GREAT ALL THAT JAZZ"
303529 *	Original Music Soundtrack From Carl Eastwood's BRONCO BILLY	298042 *	PAT BENATAR In The Heat Of The Night	299701 *	VARIOUS ARTISTS DO-WOP GOLD, VOL. II	303180 *	CHIC COREA TAP STEP	297887 *	STEVE MARTIN Comedy Is Not Pretty	290263	ANNE MURRAY I'll Always Love You
297473	FOREIGNER HEAD GAMES	209194	Frank Sinatra's Greatest Hits	303438 *	TED NUGENT SCREAM DREAM	298804 *	STYX CORNERTONE	291021	SUPERTRAMP Breakfast In America	291005 *	KRIS KRISTOFFERSON RITA COOLIDGE NATURAL ACT
292151	NEIL DIAMOND YOU DON'T BRING ME FLOWERS	305227 *	ELVIS COSTELLO TAKING LIBERTIES	305052 *	L.T.D. SHINE ON	303479	TCHAIKOVSKY: Symphony No. 5 Mazurka, Conducting, L.A. Phil.	305243 *	Johnny Rodriguez GYPSY	292763 *	LIBERACE THE KING OF THE CLASSICS
292243 *	JACKSON BROWNE THE PRETENDER	303560 *	GEORGE JONES AND THE STALLER BROTHERS DOUBLE TROUBLE	305581 *	RAY CONNIFF Perfect "50" Classics	288694 *	FLEETWOOD MAC RUMOURS	288666 *	CARLY SIMON Boys In The Trees	303685 *	AVERAGE WHITE BAND SHINE
290155 *	THE MARSHALL TUCKER BAND GREATEST HITS	291211 *	Nicolete Larson NICOLETTE	288431 *	Johnny Paycheck Armed And Crazy	29178 *	The Doobie Brothers Best Of The Doobies	283738	Engelbert Humperdinck LAST OF THE ROMANTICS	301176 *	THE KENDALLS Heart Of The Matter
303578 *	MICKEY GILLEY That's All That Matters To Me	279430	BOZ SCAGGS Down Two, Then Left	289605	LOGGINS & MESSINA BEST OF FRIENDS	270680 *	Saturday Night Live ORIGINAL TV CAST	297705 *	MC BARRY & JOE STANLEY JUST GOOD OL' BOYS	305177 *	LYNN ANDERSON EVER CONVOLUS GET THE BLUES
303776 *	BLACK SABBATH HEAVEN AND HELL	298632 *	ROBIN WILLIAMS Reality... What a Concept	305201 *	STEVE FORBERT Little Steve Orbit	304669 *	THE BEST OF MAYNARD FERGUSON	278133 *	MEAT LOAF BAT OUT OF HELL	286682 *	ABBA Abba's Greatest Hits
305151 *	VAN MORRISON COMMON ONE	277491 *	BILLY JOEL THE STRANGER	290270 *	Don't Cry Out Loud Melissa Manchester	303525 *	HELEN REDDY + TAKE WHAT YOU FIND	282226	Barry Manilow EVEN NOW	303594 *	LARRY GATLIN THE PILGRIM
25387 *	THE BEST OF NAT KING COLE	303960 *	SEALS & CROFTS THE LONGEST ROAD	298012 *	SEASIDE DISCO VARIOUS ARTISTS	218917 *	ORIGINAL CAST GREASE A NEW DISCO MUSICAL	303586 *	WITH LOVE, MARTY ROBBINS	270957 *	THE BEST OF JOAN BAEZ
207324	Original Broadway Cast GODSPELL	238855	CARPENTERS The Single 1969-1973	301937 *	GQ TWO	297549 *	LARRY GATLIN & THE GATLIN BROTHERS STRAIGHT AHEAD	285122 *	ANNE MURRAY LET ME KEEP IT THAT WAY	283762 *	THE STALLER BROS. Emperors On And Off The Record
297683 *	MARTY ROBBINS All Around Cowboy	292904	ANNE MURRAY New Kind of Feeling	285866	BOSTON Don't Look Back	275743	BARBRA STREISAND Streisand Superman	301416 *	JANIE FRICKE FROM THE HEART	304824 *	POCO Under The Gun
275616 *	Melissa Manchester SINGIN'...	302240 *	K.C. & The Sunshine Band GREATEST HITS	301572 *	Marshall Tucker Band TENTH	299222 *	GEORGE JONES My Very Special Guests	276428	JAMES TAYLOR JT	269208 *	BOSTON More Than A Feeling
301531 *	FREDDY WELLER Go For The Night	291195	LINDA RONSTADT Living In The U.S.A.	283887 *	WILLIE NELSON STARDUST	274738 *	LORETTA LYNN Coal Miner's Daughter	305185 *	KANSAS AUDIO-VISIONS	276299	NEIL DIAMOND I'M GLAD YOU'RE HERE WITH ME TONIGHT
257687 *	THE BEST OF THE STALLER BROS.	288472	AL STEWART Time Passages	296358 *	CHEAP TRICK DREAM POLICE	284984	JOHNNY MATHIS & DEMEDE WILLIE NELSON & WHAT FRIENDS ARE FOR	274449 *	CHARLIE DANIELS BAND YE JOHN, GIBBS & WOLFGANG	290874	RAY CONNIFF PLAYS THE BEE GEES AND OTHER GREAT HITS
282558 *	CRYSTAL GAYLE I've Cried The Blue Right Out Of My Eyes	293688 *	EMMY LOU HARRIS Blue Kentucky Girl	298869 *	MAUREEN McGOVERN	298612 *	HERB ALPERT RISE	281097 *	CAT STEVENS CAT'S CRADLE	302976 *	GRATEFUL DEAD GO TO HEAVEN
302521 *	MANHATTANS AFTER MIDNIGHT	278265 *	CHUCK MANGIONE FEELS SO GOOD	304782 *	Original Motion Picture Soundtrack HONEYMOON ROSE	303677 *	THE KINKS One For The Road	287038	BOSTON POPS ORCHESTRA ARTHUR FIEDLER COND. SATURDAY NIGHT FIEDLER	278848	Captain & Tennille's Greatest Hits
298778 *	ZZ TOP DEGUELLA	301168 *	ROY AYERS No Stranger To Love	299198	DONNA SUMMER GREATEST HITS VOL. 1 & 2	304866 *	Devadip Carlos Santana The Swing Of Delight	268648 *	THE EAGLES Hotel California	286971 *	STEVE MARTIN LET'S GET SMALL
302281 *	LORETTA LYNN & CONWAY TWITTY	256255 *	A CHORUS LINE Original Broadway Cast	298615	AN EVENING OF MAGIC CHUCK MANGIONE LIVE AT THE HOLLYWOOD BOWL	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	259911 *	RAY CONNIFF Love Will Keep Us Together	303382 *	CAMEO CAMEOSIS
300046 *	WILLIE NELSON SINGS KRISTOFFERSON	304667	PHILIPPE ENTREMONT SAINT SAENS: CARNIVAL OF THE ANIMALS	274811 *	RITA COOLIDGE Anytime... Anywhere	303453	PAVAROTTI'S GREATEST HITS	281856	THE BEST OF CARLY SIMON	286864 *	JACKSON BROWNE Running On Empty
292185	JOHNNY MATHIS The Best Days Of My Life	274811 *	RITA COOLIDGE Anytime... Anywhere	303454	LONDON PAVAROTTI'S GREATEST HITS	298752	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	288555 *	JOHNNY PAYCHECK GREATEST HITS *	300921 *	Sesame Street 10th Anniversary Album
271809	JIM CROCE Time In A Bottle	256580	CAT STEVENS GREATEST HITS	232603-322605a	DICK CLARK ROCK 'N ROLL	274669	BARRY MANILOW LIVE	301473 *	CHRISTOPHER CROSS	301184 *	JANE OLIVOR The Best Side of Goodbye
295014	JAMES TAYLOR FLAG	292448	Captain & Tennille MAKE YOUR MOVE	288670	BARRY MANILOW GREATEST HITS	290189 *	WILLIE NELSON AND FAMILY—LIVE	305656 *	PEACHES & HERB WORTH THE WAIT	301366	CHUCK MANGIONE FUN AND GAMES
291488 *	COLORS OF THE DAY THE BEST OF JUDY COLLINS	208051 *	LARRY GATLIN'S GREATEST HITS	273912 *	Kris Kristofferson SONGS OF KRISTOFFERSON	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	281856	THE BEST OF CARLY SIMON	286864 *	JACKSON BROWNE Running On Empty
301317 *	CON HUNLEY I Don't Want To Lose You	305086 *	MAZE JOY AND PAIN	293647 *	AMORE KOSTELANETZ THEME FROM SUPERMAN	298670	FLEETWOOD MAC TUSK	300921 *	Sesame Street 10th Anniversary Album	301184 *	JANE OLIVOR The Best Side of Goodbye
280638	CHICAGO IX CHICAGO'S GREATEST HITS	273912 *	Kris Kristofferson SONGS OF KRISTOFFERSON	29507	ABBA *	274669	BARRY MANILOW LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES
276043 *	(ORIGINAL CAST) ANNIE	301408 *	BELLAMY BROTHERS YOU CAN GET CRAZY	274669	ABBA *	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	288555 *	JOHNNY PAYCHECK GREATEST HITS *	301184 *	JANE OLIVOR The Best Side of Goodbye
29302 *	JAMES TAYLOR'S GREATEST HITS	274669	ABBA *	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	290189 *	WILLIE NELSON AND FAMILY—LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES
305078 *	Michael Henderson Wide Receiver	274669	ABBA *	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	290189 *	WILLIE NELSON AND FAMILY—LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES
285447 *	BILLY JOEL TURNSTILES	270835	Engelbert Humperdinck AFTER THE LOVING	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	290189 *	WILLIE NELSON AND FAMILY—LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES
288639 *	BOBBY VINTON Autumn Memories	298509	CARLY SIMON SPY	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	290189 *	WILLIE NELSON AND FAMILY—LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES
303545 *	TEENA MARIE LADY T	300947 *	ORIGINAL SOUND TRACK The Electric Horseman	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	290189 *	WILLIE NELSON AND FAMILY—LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES
304261	DIONNE WARWICK No Night So Long	305037 *	THE CARS PANORAMA	295170 *	WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	290189 *	WILLIE NELSON AND FAMILY—LIVE	301473 *	CHRISTOPHER CROSS	301366	CHUCK MANGIONE FUN AND GAMES

Yes, here's a "juke box" that will play your favorite music for hours on end! Just "push the buttons" for the 10 albums you want and write in their numbers on the application. Then fill in the entire application and mail it, together with your check or money order for \$1.86 as payment (that's 1¢ for your first 10 selections, plus \$1.85 to cover shipping and handling). In exchange, you simply agree to buy 8 more tapes or records (at regular Club prices) in the next three years.

How the Club operates: every four weeks (13 times a year) you'll receive the Club's music magazine, which describes the Selection of the Month for each musical interest... plus hundreds of alternates from every field of music. In addition, up to six times a year you may receive offers of Special Selections, usually at a discount off regular Club prices, for a total of up to 19 buying opportunities.

If you wish to receive the Selection of the Month or the Special Selection, you need do nothing—it will be shipped automatically. If you prefer an alternate selection, or none at all, fill in the response card always provided and mail it by

the date specified. You will always have at least 10 days to make your decision. If you ever receive any Selection without having had at least 10 days to decide, you may return it at our expense.

The tapes and records you order during your membership will be mailed and billed at regular Club prices, which currently are \$7.98 or \$8.98—plus shipping and handling. (Multiple-unit sets and Double Selections may be somewhat higher.) And if you decide to continue as a member after completing your enrollment agreement, you'll be eligible for our generous, money-saving bonus plan.

10-Day Free Trial: we'll send details of the Club's operation with your introductory shipment. If you are not satisfied for any reason whatsoever, just return everything within 10 days for a full refund and you will have no further obligation. So you risk absolutely nothing by acting now!



If the application is missing, write to Columbia Record & Tape Club, Dept. THQ/2A, Terre Haute, Indiana 47811

Watch age spots, freckles and dark patches fade

All you need is the help of this effective, medicated cream

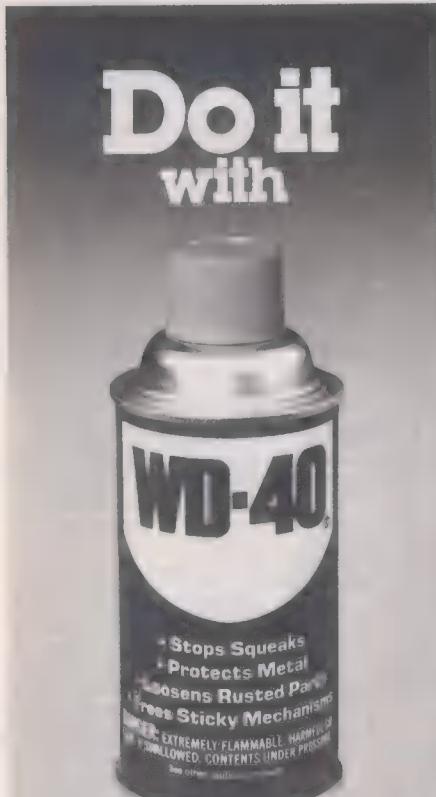
If you are bothered by ugly age spots, freckles or brown patches, associated with child-bearing years, here's good news. There's a truly effective treatment that helps fade them. It's called Porcelana® Medicated Cream.

Specially formulated, this amazing fade cream actually reaches below the skin's surface to work directly on the discolored areas. Simply rub it in.

Porcelana—Takes just 8 weeks

Then watch how the active ingredient in Porcelana begins to work on those embarrassing brown spots due to age, pregnancy, or the pill.

See how Porcelana helps lighten darkened areas—in just 8 weeks. Use only as directed. Porcelana Medicated Fade Cream for age spots, freckles and dark spots is available at cosmetic counters everywhere.



For anything that Sticks or Squeaks.
Use in house, shop or car. Protects
against rust, cleans and lubricates.

WD-40 COMPANY, San Diego, CA 92110

DECORATE YOUR HOME From page 71

• Venetian blinds seem to give my room a dated look. What other window treatments can you suggest?

You might want to replace your blinds with bamboo shades or shutters. Or, try narrow-slat blinds or vertical ones in pretty colors. You can even put shelves across the window to display plants. If you want to add texture to your room, woven blinds can do the trick—and it won't be as costly as covering an entire wall with textured paper.

• I like a flowery, pastel bedroom; my husband prefers a bolder look. Is there a happy medium?

Yes. Start by avoiding girlish pastels

like pink or mauve and opt instead for soft tones like apricot, lemon yellow or beige. Use a coordinating solid-color fabric for your bedspread and flowery patterned sheets. On the wall: framed floral prints. You might also bring a comfortable chaise or club chair into the room and cover it in a quiet floral or small geometric print. Toss some throw pillows in the same fabric as the bedspread on it and you'll have a room that's pleasing to both of you.

• I'm moving south from my northern home. Will my big, dark furniture still work in that light and airy setting?

Absolutely. I would suggest that you set off your dark woods by painting the walls a light color and putting in a white floor. You may wish to re-matte your pictures, framing them in white. Use light, vibrant accent colors in all your accessories and consider placing a leafy palm tree or airy ferns here and there. And do put sheer curtains on the windows to bring that sunshine in!

• Must I have one color scheme all through the house?

I believe in having a color consciousness all through the house—a uniformity. For instance, if your entryway is light blue, with a white floor, the carpeting in the living room may be navy—carrying the blue to the next room. Your print for living-room fabric may be blue, beige, brown and pink. For the dining room, take the beige from the living room fabric and use it for the walls. In the bedroom: a blue and beige geometric. This way there is a thread of color throughout the house, every room relates to every other one.

• When should I use wall-to-wall carpeting, and when should I use rugs?

I believe that beautiful floors should be left uncovered, or partially so. However, if you wish to use wall-to-wall carpeting, you can use it to unify space. For instance, carpeting going from the foyer to living room to dining room will make that all one unified space. It can also be used to advantage in a small room, with the carpeting, draperies and upholstery all one color.

Rugs can and should be used anywhere. You can use a rug on top of carpeting, under the conversation grouping, in the entryway—anyplace you want a touch of color and texture. And,

certainly, use rugs if you have lovely wood floors. Let the naturalness show through.

• My living and dining space are all in one large room. How can I go about partitioning the space?

You can use pretty folding screens or a grouping of plants as dividers. Paint can be your answer too—simply paint the walls of the living room a solid, then put a coordinating print up in the dining area. It's an easy way to separate the two spaces, yet have them work side by side. You can also buy standing bookcases or wall units and use them to visually divide the space. Those with open shelves would be perfect because you'll be able to display your collectibles to both the living and dining areas.

• Sometimes we have "office homework" to do at night. How can I set up a desk-work area in my living room?

Rethink your buying and purchase items with your life-style in mind. If you will be working at home, but in your living room, get a table that can work on two levels. You'll want something that can function as a desk and, perhaps, as a buffet table when you're entertaining.

Or, consider a bookcase with a flip-down desk built right in. Just avoid anything that is too clunky and do organize your work materials neatly or keep them out of sight in something functional and attractive like a nearby chest, big basket or antique file cabinet.

• Lighting is so confusing. How do I know what's best for a living room where we read, watch television and entertain?

You might consider installing a track fixture along the ceiling to throw strong beams of light on specific areas and also light up the entire room when you want to. Placed about the room you should have several table lamps and/or floor lamps. Or, if you're short on space, think about wall-hung fixtures that are adjustable. Look into easy-to-install dimmers so you can vary the lighting levels of the room. A general rule of thumb: bulbs used for reading should be at least 60 watts; for overhead general lighting, about 100 watts; and in a dining room, you can aim for a less highly-lit atmosphere.

• Furniture prices are sky-high these days, but I'd like to give my living room a new look. How should I go about it?

I would start by creating a new background—maybe painting the walls or wallpapering them. Then, utilize the items you have in a new way. You can slipcover furniture or put new lampshades on existing lamps or purchase some colorful pillows to liven up the sofa and chairs. Another suggestion: try rearranging your furniture. Place the sofa on the diagonal, replace an end table with a huge basket filled with magazines, position a narrow table against the back of the sofa. Just by switching things around you can often get a terrific new look.

Watch your Sky Sign

Horoscope for
January 13-February 3, 1981
By SANTHA RAMA RAU

Aquarius (January 21-February 19) An important affair develops complications and if you pursue it, you might lose a valuable associate. Make a decision about an acquisition before January 28th. A thoughtful gesture around February 1 will restore harmony at home. Take regular exercise.

Pisces (February 20-March 20) If you attend to obligations, you'll meet somebody who could become a love interest later this year. Be sensitive to the needs of young people. After January 15, consider a land deal but get expert advice first. Watch business interests January 18-20.

Aries (March 21-April 20) Plans change because of somebody else's emergency and you'll need to be patient and tolerant. Cut down social life this period and use the time to acquire knowledge useful in a career. Take the initiative January 19, 23 and 26.

Taurus (April 21-May 21) You're likely to bite off more than you can chew this month, so spend the next few weeks working non-stop. Early in February, cash in on fads. This may be the time to make a relationship permanent, or at least to make your wishes plain.

Gemini (May 22-June 21) You work well for others during this period but your own affairs could suffer. Stop worrying and take full charge of the situation; you're more competent than anyone else. A quiet negotiation around January 26th achieves what you want. Afterwards there's a joyful interlude.

Cancer (June 22-July 23) A great time for change and travel. You can realize a dream before February 1 though the cost may be higher than you want to pay. Use tact to patch up family quarrels. Youth will probably need to defer to age but if older people are unjust say so directly.

Leo (July 24-August 23) You're briefly in the limelight and you could attract the attention of someone important. The results will be excellent provided you don't move too fast for conservative colleagues. If you're upset about something at home, make your views known but be calm.

Virgo (August 24-September 23) You can write your own ticket this month. If you plan your moves carefully, attending to all details, you'll probably succeed and make some money. If you fail, you'll still discover valuable things about yourself. Don't be overly trusting January 20-24 or others will take advantage.

Libra (September 24-October 23) Ambition is starred this month. Go after what you want even if it means devoting less time, temporarily, to your family. Your appeal to the opposite sex is strong January 25-31; capitalize on it by buying new clothes and perhaps trying a new hair style.

Scorpio (October 24-November 22) Stay in the mainstream this month and don't waste time on peripheral activities. Your health will be good but a critical co-worker could make you unnecessarily apprehensive. After January 22 seek new contacts who might be useful in your work. Be punctual with appointments and mail.

Sagittarius (November 23-December 21) Venus in your sign brings harmony and helps you adjust to change. Don't ask for or expect much for the first few days; after the 17th frustrations end and you'll be able to move toward your goal.

Capricorn (December 22-January 20) You may be over-assertive, even aggressive, because Mars is in your sign. Control your temper and direct your energies into constructive rather than destructive channels. A new business initiative around the 24th and later a conciliatory approach to those you left behind will achieve what you want.



Enjoy smoking longer without smoking more.



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15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC Method.

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That Cigarette Smoking Is Dangerous to Your Health.

COOK SLIM TO STAY SLIM

Clever cooking can mean the difference between a fattening meal and one that's calorie-conscious. Here are some pointers from the chefs in the Weight Watchers kitchens on how to de-calorize your meals without giving up taste.



- Use pans with nonstick surfaces. This reduces calories by reducing the need for fat. (It makes serving and cleaning easier, too!)

- Brown foods in the broiler, rather than in a frying pan. Use a rack-equipped broiling pan so meats don't simmer in their own fat.

- Limit salt. It will help reduce water retention in your body. Lemon juice is a good substitute for salt in many foods, such as chicken and fresh vegetables.

- Experiment with garnishes. Serving food attractively will help feast your other senses, so you'll feel as though you're feasting your appetite as well!

- Make broth from the leftovers in your freezer. When you have a good supply of chicken or meat bones and vegetables, toss into a pot and make your own homemade broth. Here's a tasty recipe you might try:

Homemade Chicken Broth

(Makes about 2 quarts)

2 lbs. chicken bones

3 quarts water

1 cup sliced onions

3/4 cup each sliced carrots and celery

10 peppercorns

5 parsley stems

1 bay leaf

4 whole cloves

1/8 tsp thyme leaves

Combine all ingredients. Bring to a boil; reduce heat. Simmer 2-1/2 hours. Strain to remove solids. Refrigerate until fat hardens on top. Discard fat. Serve with saltines or oyster crackers for a terrific snack!

- Use substitutes for mayonnaise in your salads. Instead, try plain unflavored yogurt or low-calorie dressing. Toss in some eggs, tuna, turkey or chicken to make a hearty, low-calorie main dish salad.

- Do cook with wine! It's a good meat tenderizer and marinade, especially for

leaner meats that tend to get tough when broiled. (Any inexpensive "jug" wine will do the trick.)

- Stir-fry your vegetables. It's nutritious, and you can serve enough vegetables for six with just about one tablespoon of oil. Season with soy sauce instead of butter.

- Thicken gravies with cornstarch instead of flour—cornstarch has twice the thickening power of flour for the same number of calories, so you need less. Use soy sauce or Worcestershire sauce to add flavor and color.

- Poach fish or chicken in wine or fruit juices (apple juice is especially good). It will add lots of flavor without adding many calories.

- Get to know your spices. Seasonings make a world of difference when cooking with a limited amount of fat. Here are some suggestions:

On broiled fish: Use lemon juice, fresh dill, chopped chives, parsley, nutmeg, minced garlic, onion powder, or paprika.

On omelets and scrambled eggs: Use strong herbs such as chopped chives, oregano, basil, and marjoram.

For vegetables: Lemon juice; minced garlic.

For chicken: Use apple juice or wine, then season with mace, thyme and/or cinnamon. Or, season with garlic, lemon juice, salt, pepper and paprika before cooking.

For stews: Bay leaf and thyme should always be included. (Also, vegetable juice or tomato juice is a good base for soups as well as for stews.)

- When basting fish for baking, use a mixture of vegetable oil or melted margarine, lemon juice and chopped dill.

- Spruce up desserts with a touch of vanilla extract, or other flavorings like orange, lemon, brandy or rum. A sprinkling of cinnamon or nutmeg will add a little spice and eye appeal, too!

The Basics Behind the Weight Watchers Diet

The Weight Watchers diet is based on portion-controlled selections from six different food groups: 3 servings fruit, 2 servings vegetables (minimum), 2 servings milk, 2-3 servings grains, 3 servings fat and 3 servings protein per day. In addition, you may choose items from an "Optional" category which covers such extras as ketchup, condiments, low-calories jams and jellies, beer and wine. The particular foods you pick and when you eat them is basically up to you; you just have to spread them out over three meals a day. Backing up the diet: Group support, behavior-modification techniques and an exercise regimen—all part of what Weight Watchers members find at their weekly classes. (Note: To adapt the diet beyond the one-week Sample Menu, plan all your menus around the serving selections explained above and gear portions to those listed on Sample Menu.)

QUESTIONS PEOPLE ALWAYS ASK ABOUT WEIGHT WATCHERS

- Why should I eat three meals a day? Skipping a meal is mentally dangerous because as the clock ticks on you'll get famished and be tempted to gorge on almost anything. By eating three meals a day you build up a defense against this kind of temptation.

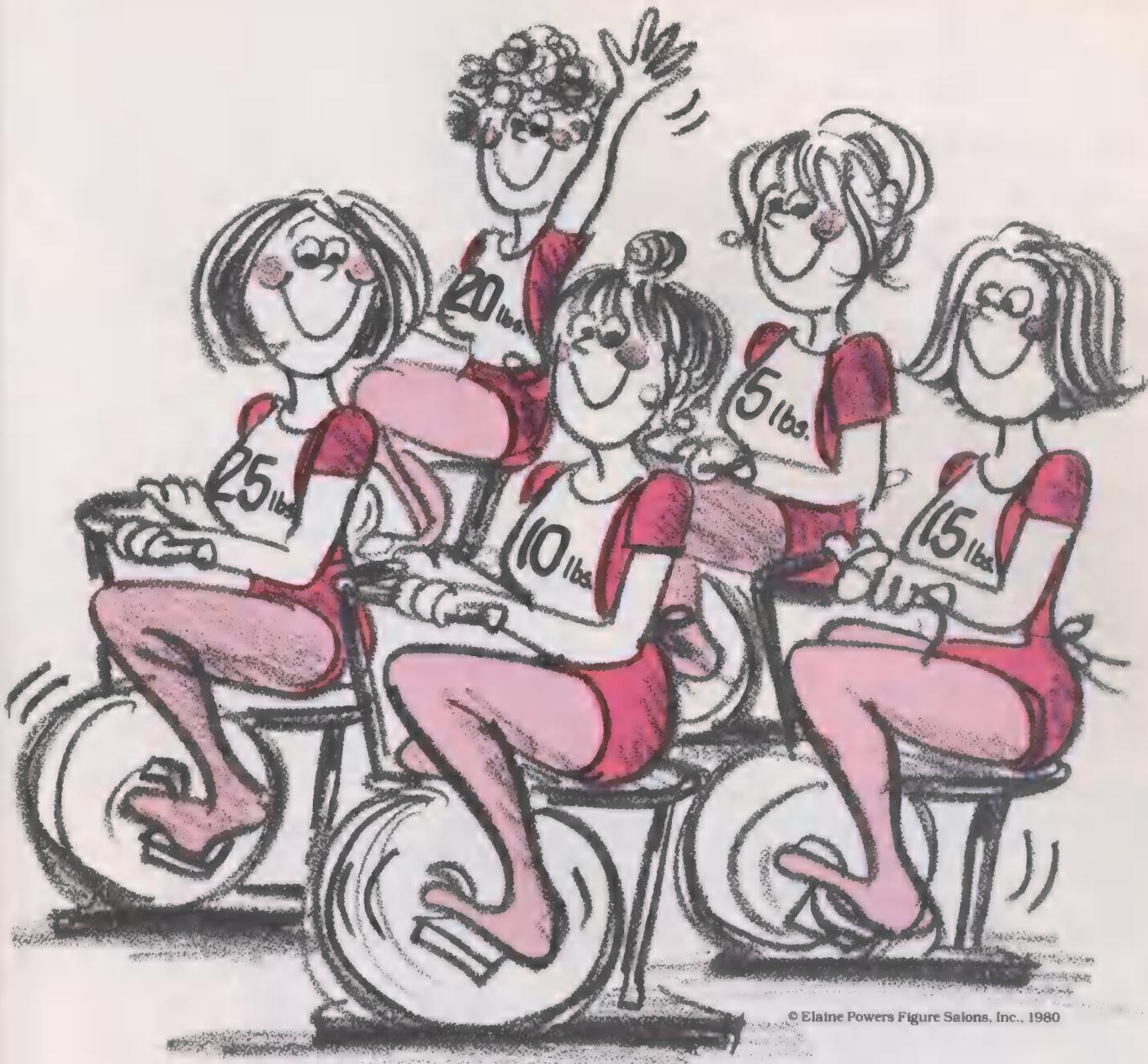
- Why should I weigh portions? Weighing food teaches control and discipline. You'll train yourself to eat specific amounts; you'll learn to notice when a portion is too much or too little.

- Why should I schedule my meals and snacks?

By eating at the same time every day, you establish a set routine. And once you have a routine, the easier it is to stick with it and free yourself from urges to eat at any time of the day or night.

- Why shouldn't I count calories? Calorie counting can be a trap. You're apt to use up your allowance on your favorite foods which can result in a lack of necessary nutrients. In addition, you won't learn how to eat properly or how to maintain your weight loss.

For further information about the Weight Watchers Program, write to: Department of Public Information, Weight Watchers International, 800 Community Drive, Manhasset, N.Y. 11030.



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Ready. Set. Go to Elaine Powers to lose weight among friends.

Losing weight isn't easy. It takes a combination of sensible eating and exercise. That's where Elaine Powers Figure Salons come in. We've helped millions of women win the race to lose weight for the past 17 years. Our success stories have made us the largest figure salon organization in the country, designed exclusively for women.

The Elaine Powers system works for several important reasons. First and foremost—our trained staff really cares about your progress. They'll help you with a sensible eating plan that you can stick to. And an exercise program designed just for you. Second, our equipment is unique to us—and specially designed to help you lose pounds and inches.

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Lose weight among friends.

WEIGHT WATCHERS MENU

Shown on page 61

• For meaning of recipe symbols, see page 26.

TANGY SHRIMP SAUTÉ

Makes 4 servings.

1 tablespoon plus 1 teaspoon margarine
1/4 cup diced sweet red pepper
1 small clove garlic, finely chopped with 1/2 teaspoon salt
1 1/2 pounds shelled and deveined medium or jumbo shrimp
OR: frozen shelled and deveined shrimp
1/4 cup plus 2 tablespoons packaged bread crumbs
1 teaspoon chopped fresh parsley

1. Melt margarine in a large skillet; add pepper and garlic and sauté 1 minute. Add shrimp and sauté, turning occasionally, until shrimp are cooked, about 4 minutes. Be careful not to overcook or shrimp will be dry and tough. Remove shrimp; keep warm.

2. Stir bread crumbs into margarine mixture in skillet; cook, stirring occasionally, until bread crumbs are well toasted. Stir in parsley. Divide shrimp onto 4 plates. Top each portion with equal amount bread crumb mixture.

Each serving is equivalent to: 1 serving fat, 1/2 serving vegetables, 4 ounces fish, 1/2 serving bread.

CRUNCHY CHICKEN "FRY"

Bake at 350° for 20 minutes.

Makes 2 servings.

1 1/2 ounces corn flakes, crumbled
1 teaspoon leaf oregano, crumbled
Dash each salt, pepper and garlic powder
12 ounces skinned and boned chicken breasts, cut into 1-inch wide strips

1. Combine corn flakes, oregano, salt, pepper and garlic powder in a small bowl. Dip chicken strips in water and then in corn flake crumbs, pressing the crumbs to make sure they stick.
2. Place chicken on nonstick cookie sheet that has been sprayed with nonstick cooking spray. If any crumbs remain, sprinkle evenly over chicken.
3. Bake in a moderate oven (350°) for 20 minutes or until tender, and juices run clear, not pink, when pierced with the tip of a paring knife.

Each serving is equivalent to: 1 serving bread, 4 ounces poultry.

HONEY VANILLA SHAKE

Makes 2 servings.

1 cup mineral water
1/2 cup plain yogurt
1 tablespoon vanilla
Artificial sweetener to equal 2 teaspoons sugar
2 teaspoons honey
1/8 teaspoon ground cinnamon
Dash ground nutmeg
3 to 4 ice cubes

Combine all ingredients except ice cubes in container of electric blender. Whirl, adding ice cubes one at a time, until mix-

ture is smooth. Serve immediately. Each serving is equivalent to: 1/2 serving milk, 2 servings extras.

P-NUTTY "ICE CREAM" SANDWICH

Makes 2 servings.

6 ounces coffee or vanilla-flavored dietary frozen dessert, softened
3 tablespoons chunky peanut butter
1 teaspoon vanilla
4 graham crackers (2 1/2-inches square)

Combine frozen dessert, peanut butter and vanilla thoroughly in a small bowl. Spoon 1/2 of mixture onto each of 2 graham crackers; top each with 1 graham cracker. Seal each sandwich tightly in plastic wrap. Freeze until firm, about 3 hours. Each serving is equivalent to: 1/2 serving milk, 1 serving fruit, 1 1/2 tablespoons peanut butter, 1 serving bread.

SCROD PORTUGUESE

Makes 2 servings.

12 ounces scrod fillets
2 teaspoons olive oil
1 large onion, sliced (1 cup)
1 large clove garlic, minced
1/2 pound mushrooms, sliced (1 cup)
1 medium-size tomato, peeled, seeded and chopped
3/4 cup canned chicken broth
Dash each oregano, salt, pepper
1 tablespoon plus 1 teaspoon dry white wine
1 tablespoon chopped fresh parsley



CRUNCHY CHICKEN "FRY"

Bake at 350° for 20 minutes.

Makes 2 servings.



GORDON E. SMITH

Send check or money order for \$12.98 plus \$1.50 each for postage and handling to STB, Inc.-Family Circle Kits, Dept. 908, P.O. Box 450, Teaneck, N.J. 07666. (MasterCard/VISA: Include card number, expiration date and signature.) Print name, address and total amount of remittance. Canadian orders: Remit bank check or money order in U.S. funds and add \$1. Indicate choice of pillows-Primrose (yellow); Rose (pink); Pansy (blue). Delivery 4-6 weeks.

N

o, you don't need expensive antiques to give a charming Victorian feeling to a room. Now you can add a nostalgic touch to your home with these beautiful crocheted pillows. Each has its own floral motifs (choose from primrose, rose or pansy) and is backed with old-fashioned wallpaper-print fabric. All measure 12" across. Kits contain crochet threads, embroidery floss (where needed), fabric for backing and instructions.

**OLD-FASHIONED
CROCHETED PILLOWS
TO MAKE**

This is
a dog.

This is
a puppy.

Don't treat
your puppy like a dog.

4 medium-size pitted black olives, sliced lengthwise

1. Wipe scrod fillets with paper toweling. Heat oil in small skillet; add onions and garlic and sauté until tender, about 3 minutes. Add mushrooms and tomato and cook, stirring constantly, until mushrooms are just tender. Add broth, oregano, salt and pepper and simmer a few minutes; stir in wine.
2. Arrange fillets in a shallow 3-cup baking dish or pan; pour vegetable mixture over fish.
3. Bake in a hot oven (400°) for 20 minutes or until fish flakes easily. Remove from oven; garnish with parsley and olives.

Each serving is equivalent to: 4 ounces fish, 1 serving fat, $\frac{1}{2}$ cup limited vegetables, 2 servings vegetables, $\frac{1}{2}$ servings extras.

"PUMPKIN PIE" PUDDING

Makes 4 servings.

1 tablespoon plus 1 teaspoon vegetable oil	4 teaspoons sugar
3 cups thinly sliced carrots	$\frac{1}{2}$ teaspoon ground cinnamon
$1\frac{1}{2}$ cups calories-reduced apple juice, divided	$\frac{1}{4}$ teaspoon each ground nutmeg, ground allspice, and salt
$\frac{2}{3}$ cup water	1 tablespoon plus 1 teaspoon cornstarch
1 cup canned pumpkin	
Artificial sweetener to equal	

1. Heat oil in a large nonstick skillet. Stir in carrots; cover and cook over medium heat about 10 minutes. Add $\frac{3}{4}$ cup of the apple juice and the water; cover and simmer 30 minutes or until carrots are very tender. Drain off liquid in skillet and reserve.
2. Transfer carrots to container of electric blender with 6 tablespoons of the reserved carrot cooking liquid; whirl until pureed. Combine carrot puree, pumpkin, sweetener, cinnamon, nutmeg, allspice and salt in a large saucepan. Add remaining reserved cooking liquid and stir well. Cook 5 minutes, stirring constantly. Dissolve cornstarch in remaining apple juice in a cup; add to saucepan. Continue stirring until pudding thickens and bubbles begin to pop to surface. Cool slightly; pour into four dessert dishes and chill.

Each serving is equivalent to: 1 serving fat, $1\frac{1}{2}$ servings vegetables, 1 serving fruit, $\frac{1}{4}$ cup limited vegetables, 1 serving extras.

HONEY STEAK ORIENTAL

Makes 2 servings.

2 teaspoons soy sauce	Dash ground ginger
1 teaspoon honey	12 ounces boneless chuck
1 teaspoon dry red wine	steak

Combine soy sauce, honey, wine and ginger in a bowl; place steak in marinade and marinate for 30 minutes, turning once. Transfer steak to rack in broiling pan, reserving marinade. Broil 5 minutes on each side for rare, longer if you wish for medium or well-done. Slice steak and place on platter; pour reserved marinade over. Each serving is equivalent to: $1\frac{1}{4}$ servings extras, 4 ounces meat group.

ORANGE SILK PIE

Makes 4 servings.

1 envelope unflavored gelatin	$\frac{1}{2}$ teaspoon ground cinnamon
1 cup orange juice	$\frac{3}{4}$ cup plain unflavored yogurt
$\frac{1}{2}$ graham crackers (2½-inches square), crushed	Artificial sweetener to equal 6 teaspoons sugar
2 tablespoons plus 2 teaspoons reduced-calorie margarine	$\frac{1}{2}$ cup canned calories-reduced mandarin orange sections

1. Sprinkle gelatin over orange juice in a small saucepan. Let stand 5 minutes to soften. Heat over low heat, stirring constantly, until gelatin is dissolved. Cool; refrigerate until thickened.
2. While filling chills, prepare crust: Stir graham cracker crumbs, margarine and cinnamon in a small bowl until well-mixed. Spoon mixture into 4 serving dishes, pressing mixture onto bottom and up side to form a shell.
3. Fold yogurt and sweetener into thickened gelatin mixture, then spoon into prepared crumb shell. Chill until set, about 3 hours. Top each serving with mandarin orange sections.

Each serving is equivalent to: $\frac{1}{2}$ serving extras, $\frac{3}{4}$ serving fruit, $\frac{1}{2}$ serving milk, 1 serving bread, 1 serving fat.

To page 108

Give him the extra nutrition of Purina® Puppy Chow® Puppy Food.

All during their first year, puppies need a lot more nutrition than adult dogs. And Purina Puppy Chow has all the extra nutrition they need.



RELISHED EGG SALAD

Makes 2 servings.

- 4 hard-cooked eggs, chopped
- 1/2 cup well-squeezed cooked chopped spinach
- 1/2 cup pared, seeded and diced cucumber
- 2 teaspoons sweet pickle relish
- 1 teaspoon each lemon juice and lime juice
- 1/2 teaspoon salt
- Dash ground nutmeg
- Lettuce

Combine all ingredients except lettuce in a medium-size bowl; stir well. Cover and chill 1 hour. Serve on bed of lettuce leaves. Each serving is equivalent to: 2 eggs, 1 serving vegetables, 1 serving extras.

WICKED COCONUT CHICKEN

Makes 2 servings.

- 2 teaspoons olive oil
- 1/2 teaspoon sesame seeds
- 8 ounces skinned and boned cooked chicken, cut into 1/4-inch strips
- 2 teaspoons shredded coconut, toasted
- 1/2 teaspoon salt
- Dash pepper
- 2 cups cooked whole green beans

Heat a large nonstick skillet. Add olive oil and sesame seeds; cook over medium heat, stirring frequently, until seeds turn light brown. Add chicken and sauté until pieces are heated. Stir in coconut, salt and pepper. Serve over hot green beans. Each serving is equivalent to: 1 serving fat, 1 1/2 servings extras, 4 ounces poultry, 2 servings vegetables.

PASTA PARMESAN WITH TURKEY

Makes 2 servings.

- 1/2 small garlic clove, chopped with 3/4 teaspoon salt
- 12 ounces boned turkey (from thigh if possible), cut into 1/4-inch cubes
- 1/4 cup plus 2 tablespoons packaged bread crumbs
- 1/2 teaspoon leaf basil, crumbled
- Dash white pepper
- 1/4 cup water
- 1 1/2 cups hot cooked enriched green and white pasta
- 2 teaspoons grated Parmesan cheese

1. Mash chopped garlic-salt mixture to form a paste, using the flat side of a large knife. Combine turkey, garlic paste, bread crumbs, basil, pepper and water in a medium-size bowl.
2. Spread turkey mixture between 2 pieces wax paper. Pound mixture with rolling pin until flattened to about a 1/8-inch thickness.
3. Heat nonstick skillet until hot. Peel wax paper from meat mixture. Add meat to skillet along with any crumbs that may adhere to paper. Stir-fry until meat is browned and cooked through, about 3 minutes. Toss with hot spaghetti and Parmesan cheese.

Each serving is equivalent to: 4 ounces poultry, 1 serving bread, 1 serving bread substitute, 1 serving extras.

BLUE-RIBBON PLANTS

From page 69

in, low light or a sunny east window. • Keep the soil evenly moist; if a spath wilts severely, the leaf tips will die back. If that should happen, trim off the discolored part following the leaf's shape.

- Too much fertilizer may turn leaves black. Feed them only every two weeks when they're blooming in summer.
- Keep the stem of the plant buried to the lowest leaf by periodically top-dressing (adding) with sphagnum moss or by transplanting to a bigger pot.



From Owen Tallman: Care for Carnivores.

Owen devotes all of his time to the study and propagation of carnivorous plants. His business, Carnivorous Gardens, sells only those most suited to home cultivation. • His favorites, along with Venus flytrap and pitcher plant, are the orchid-flowered Mexican butterworts, *Pinguicula moranensis* and its natural mutant 'Superba.' • Carnivorous plants aren't difficult to raise. They like the same room temperatures you do and bright light, but not direct sun. • Their biggest requirement is high humidity; that's essential for success. So if you live in a dry atmosphere, grow them in a terrarium. • They don't, however, like wet soil; keep it barely moist. • If you have tried butterworts without success, take a look at where they're growing. They like an alkaline soil, so you can't put them in the same pot with other carnivores, which require more acidity. Pot them in a mix of equal parts vermiculite and chopped sphagnum moss with five percent crushed limestone or gypsum added. • You don't have to feed these plants with fertilizer or insects! They take care of themselves.



From Suzanne Pierot: Tips on Ivy.

Suzanne, author of "The Ivy Book" (Macmillan, New York, \$6.95), founded the American Ivy Society. She grows prize-winning ivy topiaries in her sunny kitchen windows and outdoors. • Her favorites? Impossible, there are so many, all varying by leaf shape, from bird's-foot and fan to curled and heart-shaped. • Ivy is most cooperative. It accepts strong light, full sun, a light garden, warmer temperatures than it likes (usually to 70°), misting less than it needs (daily) and moist but not soggy soil. • If you're starting with a cutting, root it in moistened potting mix, not water. • Variegated ivies like 'Gold Dust' and 'California Gold' like stronger light and not much fertilizing. • If insects have ruined your leaves, strip them down; new ones will sprout along the bare stems. • It's easy to make an ivy wreath: Bend two wire hangers into a circle. Wrap with unmilled long-strand sphagnum moss kept stationary with nylon fishing line or thin strips of a nylon stocking. Insert in pot of estab-

lished ivy, guide some of the branches along the circle—and enjoy! • Want to try a topiary? Purchase an animal or other form (or make your own with medium-heavy aluminum wire from the hardware store—at least a #8 wire). Stuff with sphagnum moss and insert rooted cuttings all over.



From Fran Finkbinder: Facts on Ferns.

Fran has been growing ferns, many of them extremely rare, for over 10 years. • Her favorites include a group of maidenhair ferns

that are excellent for beginners: *Adiantum caudatum*, the "walking fern"—easy to grow in a flat container or large terrarium and nice for a cool, bright room; *A. hispidulum*, which is truly tolerant; and *A. peruvianum*, the "silver dollar fern," a lovely upright species with large leaflets and rosy-red new growth. • Maidenhairs need two things particularly: evenly-moist soil and humidity. They love being grown on pebble trays filled with water, and being misted. • They don't like direct sun; put them in a north or west window or in a light garden where you burn the tubes 12 hours daily in summer, 14 in winter. • When a frond begins to fade or turn brown, remove it by cutting close to the soil. • If you get bugs such as aphids or red spider mites, try misting with a solution of three to four drops of liquid dish washing detergent in a quart of water.



From Ted Green: Help with Hoyas.

Ted, a landscape architect in Hawaii, is presently completing a book, *Hoyas and Dischidias: 100 Selected Plants*, to be published later this year by the University of Hawaii Press, Honolulu. • Some of the best for home growing are *Hoya carnosa*, common wax plant; *H. australis* and *H. puber*, which don't need as much humidity as others and do well in the dry atmosphere of an office; and miniature *Hoya bella*, with its arching branches, perfect for hanging baskets. • Hoyas like as much sunlight as you can give them, just short of burning the leaves. • They're really easy to take care of; they like basically the same temperatures we do and the same humidity. • They don't like to stand in water; you should let soil approach dryness in between waterings. • If your hoya looks lackluster, check it for nematodes, tiny worms which attack roots and the base of the trunk. Remove soil, wash roots clean and have a look; check the trunk for corky-looking texture. Remedy: discard pot, soil and any part of the trunk that's corky; reroot the remaining plant in fresh mix. • If your hoya isn't blooming, it may not be mature enough. It also needs to be potbound and receiving enough strong light and warmth to put forth flowers. If you have been pruning it relentlessly, you may have been cutting off last year's flower spur from which this year's blooms come! A word of caution: The sap of hoyas is irritating to your eyes.

CHILI WITHOUT GUILT

NOW YOU DON'T HAVE TO SAY "WHOA!"
TO CHILI ON A DIET.



It used to be plain tragic, Clem Kelley's excitation for chili. Ask him to give up grits, red eye or fried chicken and he'd say sure. Ask him to give up chili and you'd be asking for trouble. "Life without chili is *breathing*, not living," he'd say hunkering down to a bowl of red.

Weight Watchers Frozen Meals understands that trying to give up that very special thing you like best has led many

dieters astray.

With that in mind, we make all 28 of our dishes the kind you never dreamed you could eat on a sensible weight loss program. Dishes like Pizza. Meat



and gravy. Lasagna. And now, chili. The real thing. The kind once reputed to cure falling hair and fallen arches. The kind the Puritans would have banned for inducing passion. This, folks, is chili for chili aficionados.

Hunks of lean beef simmered with fine chili powder, cumin for that special zing, bay leaf, garlic powder, onion and tomato. Then, at the very last minute (so they don't turn to mush) we add real red beans.

Check out the nutrition on our label and you'll be amazed to see how much Vitamin A, protein, and Iron are in every brimming 10 oz. bowlful we serve you.

Check out the taste and you'll be amazed that you don't miss the suet, beer, fatty pork, or rattlesnake other chili heads get hot over.

Now we know how folks feel about their chili recipes. How they're handed down from generation to generation, prized heirlooms. Still, we'll put Weight Watchers Frozen Chili up against any other chili, North or South of the border. We honestly believe our taste won't tell you it's a food you're allowed to eat on a diet. Even if your waistline will.

WEIGHT WATCHERS®
FROZEN MEALS.
THE TEMPTATION YOU
DON'T HAVE TO RESIST.

2|7 2|8 2|9 3|0 3|2 2|6 2|5 2|4
3|7 3|8 3|9 4|0
2|8 2|9 3|0 3|1 3|2

WOMEN & REPRODUCTION

From page 46

then the sperm would only be around for about a two-hour period after intercourse and then they'd all be gone. This way smaller numbers of sperm are constantly swimming up, and there's always a new supply of sperm available to the egg during a two to three day period, from that one episode of intercourse.

Donahue: Is a woman born with all the eggs she'll ever have?

Dr. Silber: Yes. While men are wastefully churning out millions and millions of sperm every day.

Donahue: No wonder we're so tired. . . . Okay, but how many eggs does a woman actually have at birth?

Dr. Silber: Women are born with approximately 400,000 eggs. But a great deal of these die off—we call this atresia—so practically speaking a woman ovulates about 400 eggs in her lifetime—and that's all she'll ever ovulate. The most fertilizable ones are ovulated earlier and the less fertilizable ones are ovulated later.

Donahue: And what happens to the millions of sperm that are produced each day?

Dr. Silber: In a man's body, once the sperm leave the testicles, they are all put into a collecting area which is like the delta of a river. Then they're transferred into the epididymis. This is a 20-foot-long coiled tube that actually travels about only an inch in distance. Once the sperm are produced, they're good for about two weeks in this storage area.

Donahue: So the sperm actually mature on their way out?

Dr. Silber: Yes. And if they get into the cervical mucus at the right time, they will be sustained there for two or three days, so that they'll be able to impregnate the egg.

Donahue: So to be successful, the sperm must be strong?

Dr. Silber: Yes, we call this motility—the vitality of the sperm. Sperm have to be able to wiggle and move powerfully in a straight line. If they move in a curve—that is, if they don't have a good ballistic homing mechanism for a straight line—they'll never make it to the egg.

Donahue: So when you are examining causes of infertility, you consider not only the sperm count but also the vitality of the sperm?

Dr. Silber: Absolutely. Conception is a kind of statistical game. The more sperm, the greater the chance of reaching the egg. But the vitality and motility of the sperm is more important than the absolute number.

Donahue: Then getting pregnant is really just a matter of odds. So it's possible for a couple to go through life in a married, intimate way without ever having a baby, because the odds worked against them?

Dr. Silber: Exactly. Studies done in Belgium and repeated in the U.S. show that if you take perfectly fertile couples in their late 30s, the wife has only about an 8% chance per month of getting pregnant. If you take more fertile couples, say in their 20s, the wife has a 20% chance per month of getting preg-

nant. Statistically that's a 93% chance in one year, but 7% of these will still not be pregnant. It's like flipping a coin.

Donahue: So the most fertile time of a man's life is probably his late teens or early 20s, isn't it?

Dr. Silber: Yes, that's true, but a man's fertility doesn't really drop off that much as he gets older, whereas a woman's fertility drops off dramatically as she gets older.

Donahue: What are some common causes of infertility?

Dr. Silber: One reason is that couples are delaying the age at which they have children. Another significant factor is that there's a lot of infection, not necessarily venereal, but general infection, which can cause blockage of the fallopian tubes in women or of the epididymis in men.

Donahue: Can a cold cause a reduced sperm count?

Dr. Silber: Yes, from a different mechanism. But definitely, a bad virus raises body temperature, and that can really knock off sperm production. Another common cause of decreased sperm vitality is a varicose vein of the testicle, which is fairly common—about 15% of all men have this condition.

Donahue: Does marijuana reduce sperm count in the male?

Dr. Silber: There have been some studies suggesting this, but I don't think they're very good studies. However, some drugs have a profound effect on the sensitive sperm-producing mechanism.

Donahue: Let's talk a little more about drugs and infertility. In your recently published book, "How to Get Pregnant" (published by Scribner's), you suggest that there are too many prescriptions being written for fertility problems.

Dr. Silber: Men with low sperm counts have been, and often still are, subjected to every kind of remedy you can imagine: vitamin C, thyroid tablets, high fat diet, low fat diet, testosterone, cortisone, and no study has ever demonstrated that any of those varieties of remedies which are automatically prescribed for so many men with poor sperm counts improved the sperm quality or count at all.

Donahue: So when infertile couples come to you, you don't give the husband any pills?

Dr. Silber: Well, not necessarily. We have to evaluate him carefully. We check to see if he has a varicose vein, or if he has partial obstruction, both of which can be controlled surgically; we even do a testicle biopsy to see if we can tell what's wrong with his sperm-producing factory. And about 10%–20% of men with just poor sperm-producing factories may respond to fertility drugs like those used to induce ovulation in women. But most men really are on a barrage of hokum remedies that won't do any good.

Donahue: In your book you also mention that in the majority of cases of infertility there is some problem with both partners.

Dr. Silber: Absolutely. It's a big mistake to fix the blame on one or the other. Often if you examine a problem in one partner, you'll find there's a contributory problem in the other partner.

For example, if you can't improve the man's sperm count, the best way to treat his low sperm count is to treat the wife. For example, to make her cervical mucus more receptive to the penetration of his few sperm, or to improve her ovulation.

Donahue: Dr. Silber, you've had a significantly high incidence of successful restoration of fertility for men who've had vasectomies. Can you explain how this procedure is done?

Dr. Silber: We've done it by introducing microsurgical techniques so that we can actually put together that tiny little inner tubule that goes inside the vas deferens. This tubule is about the size of a pinpoint in diameter, and with delicate little stitches, we can put all that together properly. And we can also repair the minute ruptures that often take place in the delicate ductwork draining the testicles following vasectomy. So we've been able to improve the success rate to an average of about 90% in terms of restoring good or normal sperm count.

Donahue: In addition to this enormously high success rate, you've recently made medical history by performing the world's first successful testicle transplant. And the patient, the recipient of the testicle, is the proud father of a baby boy born in March of last year.

Dr. Silber: It was really an exciting and extremely satisfying experience for me. This patient was literally a eunuch. He had been born without testicles. We applied the same microsurgical techniques I had practiced in over a thousand kidney transplants in rats. And we were very excited about the success of the operation. He had a good sperm count afterward and he didn't have to take hormone injections. Yet (and this is a good example of the contributory problems I talked about before), his wife still wasn't pregnant. So we evaluated her more carefully because we had been told she was fertile, and found that she had a poor quality of ovulation—a late rise in her temperature chart, and a slightly elevated male hormone level. So we had her treated for this by Dr. Emil Steinberger of the University of Texas in Houston, and a couple of months later she became pregnant. It's fascinating—here you have the most one-sided case of infertility you can imagine, a man that didn't have testicles. And even then there was a contributory problem in the wife.

Donahue: And this operation worked, not only because of your tremendous skill but because this patient had an identical twin who donated one of his testicles to his brother. But can you perform this operation with fraternal twins as well?

Dr. Silber: No, we can't do that at this stage because rejection problems haven't quite been solved yet.

Donahue: I think some members of the audience have questions about infertility too.

Q. Dr. Silber: You mentioned that one cause of infertility is delaying childbirth.

Can you explain that?

Dr. Silber: Couples who have delayed childbirth for whatever reason may decide in their mid-30s that they want to have a baby. But by this time most of



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Discover Green Giant Oriental Combinations.
Unique combinations of oriental-style vegetables
mixed with the best of the Giant's own,
in a delicate soy sauce that
brings out each savory flavor.
Delicious. Green Giant.**

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Buyer's Guide

the woman's most easily fertilizable eggs have already been ovulated and also by this time the emotional pressure is on, and the intensity of that pressure can affect the hypothalamus, the small structure that controls various internal activities including sexual drive, body temperature, metabolism, appetite and many of our emotions. It's a primitive region of the brain. In 1971 it was discovered that this primitive region releases the factor that makes a woman ovulate. So if she's anxious, tense and worried, particularly worried about ovulating or worried about getting pregnant, the anxiety could affect the hypothalamus. This reaction can prevent her from ovulating because the brain is no longer controlling or stimulating it. That's the major factor.

Q. Why do the testicles hang away from the body?

Dr. Silber: The testicles can make good sperm only when they're about four degrees lower in temperature than the rest of the body. Ninety-four degrees is the optimum temperature for sperm production. For example, when a man steps out of a cold shower, his testicles are pretty close to his skin because the scrotal muscle automatically brings them up to keep them warm. On the other hand, if it's a hot day out, his testicles fall down farther away from his body to keep that temperature cooler at 94°.

Q. Why, when a woman takes fertility pills, is the likelihood of multiple birth so much higher?

Dr. Silber: There are several types of fertility drugs. Clomid, the safest drug, is a pill and has only an 8% risk of twins, but you don't have that terrible risk of triplets, quadruplets, quintuplets. But 5% of women who need fertility drugs really need something more powerful than Clomid, namely Perganol, which is a super powerful shot and has up to a 30% chance of multiple births. This is because it stimulates the release of many eggs at once.

Q. What causes a woman to ovulate at the wrong time of the month?

Dr. Silber: It's complicated, but believe it or not, one common cause is anxiety. And that's how this age has produced so much infertility and why sensitive counseling from your doctor is so important. If you learn how it all works, that primitive region of the brain that controls ovulation may start working all on its own.

Donahue: I think it's great that after all this attention we've focused on finding ways not to get pregnant, experts—like you, Dr. Silber—are turning their efforts to helping people who are having problems conceiving. Thanks for talking with me and for giving us a brief but fascinating glimpse of the exciting and unique drama of human reproduction.

NO MORE CREESES!

If you must hang pants on a metal hanger, first place a flattened grocery bag folded in half over it. There won't be any creases or wrinkles.—PATRICIA JENKINS, Salem, W. Va.

Cashing In On the Next Three Weeks

Page 4—Urethane foam is Great Stuff® Insulating Sealant by Insta-Foam Products, Inc., Consumer Products Division FC, 1500 Cedarwood Dr., Joliet, Ill. 60436. Water heater "overcoat" kit is Thermo Saver Water Heater Insulation Jacket, 8-pound weight, fire-safe for gas and electric water heaters; sold at hardware stores and in Sears' catalog and Sears' retail stores at about \$20. For more information write to: Thermo Saver Division, S&S Industries, P.O. Box 17087, Dept. FC, Nashville, Tenn. 37217.

Needlework Projects

Page 54—Everlasting crewel bouquet: Needlepoint and Crewel Yarns, Persian-type 100% wool by Columbia Minerva, 230 Fifth Ave., New York, N.Y. 10016. Floss and Cotton Perle by DMC.

Page 55—Colorful lap quilt: Fabric, broadcloth (100% cotton—45" wide) by A.E. Nathan Co., Inc., 108 W. 39th St., New York, N.Y. 10018; batting, Poly-Fil® traditional batting by Fairfield Processing Corp., 88 Rose Hill Ave., Danbury, Conn. 06810.

Page 56—Knitted floral afghan: Yarn, "Cozy" and "Fluffy" by William Unger & Co., 230 Fifth Ave., New York, N.Y. 10001.

Page 57—Needlepoint sampler pillow: Yarn, Paternat® Persian yarn by Paternayan Bros., Inc., 312 E. 95th St., New York, N.Y. 10028.

Food Editors' Favorite Recipes

Pages 66-67—All accessories from Pottery Barn, 231 Tenth Ave., New York, N.Y. 10011.

Weight Watchers New Diet Program

Pages 60-61—Stainless steel blue-handled cutlery "Cambridge" (dishwasher-proof) and small Horn spoon from France available at Manhattan Ad Hoc, 842 Lexington Ave., New York, N.Y. 10021; hand-woven, 100% linen placemat from Finland, 100% cotton napkin from France and stoneware serving plate from Table Topping by Frank McIntosh at Henri Bendel, 10 W. 57th St., New York, N.Y. 10019.

Expensive Looks to Make Inexpensively

Page 62—Crocheted cardigan: To order linen

and cotton blend yarn, see instructions, page 82. Diamond bracelet by Esther Gallant. (Inset picture): Knitted sweater, Reynolds Yarn, Inc., 15 Oser Ave., Hauppauge, N.Y. 11787.

Page 63—Yarn, Joseph Galler, Inc., 149 Fifth Ave., New York, N.Y. 10010. Culottes by Perry Ellis. Accessories by Pearl belt; silver bracelet by Maribeth Sullivan.

Page 64—Diamond necklace by Harold Spatz.

Belt by Thierry Mugler for Colony Designs.

Page 65—Mary McFadden's "Arabian Nights" pillowcases from Martex, Div. of Westpoint Pepperell, 1221 Sixth Ave., New York, N.Y. 10020. Jewelry by Mary McFadden; JHB buttons.

Experts' Guide to Growing Blue Ribbon Houseplants

Pages 68-69—American Begonia Society, 10692 Bolsa St. #14, Garden Grove, Calif. 92643; annual dues \$7.50. "Begonias for Beginners," Elda Haring, Box 236, Flat Rock, N.C. 28731; softcover \$3.75 postpaid, hardcover \$5.75. Indoor Light Gardening Society of America, Inc., 128 W. 58th St., New York, N.Y. 10019; annual dues \$8. The Peperomia Society, 2013 Rd. 44, Pasco, Wash. 99301; annual dues \$3. "How to Grow Peperomias," culture packet loaned for two weeks for cost of postage both ways: contact Virginia Zart, 9548 McVicker Ave., Oak Lawn, Ill. 60453. The Palm Society, Inc., P.O. Box 368, Lawrence, Ks. 66044; annual dues \$15. International Aroid Society, Inc., P.O. Box 43-1853, South Miami, Fla. 33143; annual dues \$10. Orchid Jungle, 26715 S.W. 157th Ave., Homestead, Fla. 33032; catalog free. Carnivorous Plant Newsletter, Pat Hansen, Fullerton Arboretum, Fullerton, Calif. 92634; annual dues \$7. Carnivorous Gardens, P.O. Box 331, Hamilton, N.Y. 13346; catalog \$1. American Ivy Society, National Center for American Horticulture, Mt. Vernon, Va. 22121; annual dues \$7.50. Los Angeles International Fern Society, 4369 Tujunga, North Hollywood, Calif. 91604; annual dues \$5.50. The Hoya Society International, Rt. 2, Box 222, Kaufman, Tex. 75142; annual dues \$12.50. Green Plants Research, P.O. Box 735, Kaawa, Oahu, Hi. 96730: catalog of hoyas & other plants \$1. ■

NEW RULES OF MARRIAGE

From page 19

sexual involvement of the middle-aged. How will this affect family life? It will undoubtedly be damaging.

Along with the change in Rules for Marriage there have been changes in Rules for Divorce. It used to be that the mother always obtained custody of the children unless it could be proved that she was a prostitute, addicted to hard drugs or mentally incompetent. Today, many women are giving their husbands custody because they honestly believe he is the more competent parent. In some cases, the husbands fight for custody . . . and get it if the judge decides the father would make the better "mother."

There are also new rules for alimony. Some women refuse to accept it because they are able to support themselves and don't wish to be beholden.

On the other hand, husbands who are physically disabled, or for other reasons unemployable, have sued well-heeled wives for support—and won.

So, my friends, the outlook for marriage at this moment is not all that cheerful. But don't despair. I believe something good will rise from the ashes and the next generation will be less hypocritical, more open, better informed and, it is to be hoped, emotionally healthier than the generation that preceded them.

WOMAN'S WORLD

From page 2

are over age 50. Their reasons for joining vary, but all agree that being able to help others is important. And to those past retirement age, "gleaning" makes them feel useful and productive again.

"If it weren't for gleaning, a lot of people would be sitting on a park bench," says one participant. "Many have worked hard all their lives and don't like sitting around."

Homer Fahrner shares that feeling. After four years, he resigned as president of Senior Gleaners to start Gleaners Statewide. Just over a year old, the new group has grown to 100 members assisting 12 charitable organizations throughout the state. Homer says that if he could do it all again, he might actually advertise the group as a health organization.

"I can offer fresh air, exercise, good food, something useful to do and something to live for," he says. And in today's youth-oriented society, the Gleaners demonstrate the wisdom and vitality of the elderly's contributions.

For more information on starting or participating in a gleaning group, send a self-addressed, stamped envelope to Senior Gleaners, 2718 G St., Sacramento, Calif. 95816, or Gleaners Statewide, 2606½ J St., Sacramento, Calif. 95816. —PATRICIA RUBIN



"My granddaughter switched to Hershey's Cocoa and baked a better chocolate cake than mine!"

Josephine Corbett, Oradell, N.J.

"I have baked devil's food cakes for over fifty years and my cakes are usually recognized as the best. However, on Easter Saturday my 10-year-old granddaughter, Ann, used Hershey's Cocoa and made a chocolate cake that beat mine."

For a richer, moister cake with a deeper chocolate taste, switch to Hershey's Cocoa. Use it in all your favorite recipes instead of baking chocolate.

Just follow the easy directions on the back of the can: for each 1-ounce square of unsweetened baking chocolate, use 3 tablespoons of Hershey's Cocoa and 1 tablespoon of shortening.

No messy melting. No scorched chocolate. And richer, more chocolatey taste.

Write and tell us about your triumphs with Hershey's Cocoa. Send to: Hershey Chocolate Co., Cocoa Triumphs, Hershey, PA 17033.

And do try this delicious chocolate cake recipe.



Ann's Chocolate Cake

1/2 cup butter
2 cups sugar
1 teaspoon vanilla
2 eggs
~~**4 squares (4 ounces)
unsweetened baking
chocolate**~~
**1 1/2 cups unsifted
all-purpose flour**
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt
1 1/4 cups milk
12 tbsp. (3 1/4 cup) Hershey's Cocoa
+ 4 tbsp. (1/2 cup) shortening

Generously grease and flour two 9-inch or three 8-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs. Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes for 9-inch pans and 35 to 40 minutes for 8-inch pans, or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.



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NEEDLEWORK PROJECTS

Shown on pages 54-57

Note: See Abbreviations on page 85.
FLOWER AFGHAN—Directions are given for an Afghan to measure about 50"x73", plus fringe.

MATERIALS: For Afghan: Unger "Cozy" (1 1/4 oz./50 gr. ball); 21 balls of #57 Beige; Unger "Fluffy" (1 1/4 oz./50 gr. ball); 5 balls of #452 Green (see Buyer's Guide on page 112 for items above); 1 pair each knitting needles No. 11 and No. 6, OR ANY SIZE NEEDLES WHICH WILL OBTAIN THE STITCH GAUGE BELOW; crochet hook for fringe. For Embroidery: Unger "Fluffy": 2 balls each of #425 Yellow, #465 Fuchsia, #460 White, #481 Red and 1 ball each of #486 Pink, #452 Green, #412 Blue (see Buyer's Guide on page 112 for items above); 1 large tapestry needle; 9"x12" pad of tracing paper (24 sheets).

GAUGE: Stockinette Stitch—With Beige and No. 8 needles: 3 1/4 sts = 1"; 6 rows = 1". Stockinette Stitch—With Green and No. 6 needles: 5 sts = 1"; 7 rows = 1". Each Beige strip measures 8 1/2"x73". Each Green strip measures 5"x73".

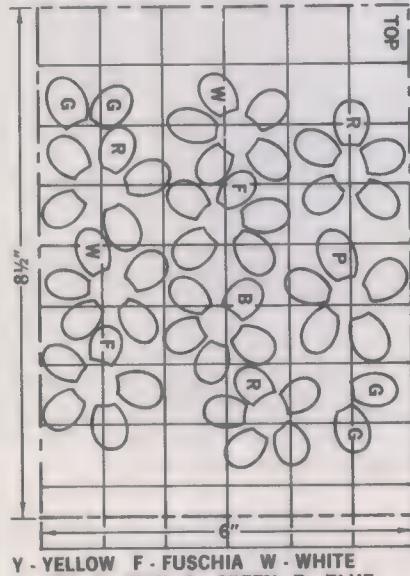
AFGHAN—Beige Strips (Make 4): Starting at lower edge with Beige and larger needles, cast on 32 sts. Work in stockinette stitch (k 1 row, p 1 row) until strip measures 73" long. Bind off.

Green Strips (Make 3): Starting at lower edge with Green and smaller needles, cast on 25 sts. Work in stockinette stitch until strip measures 73" long. Bind off.

FINISHING: Pin each strip to measurements on a padded, flat surface; cover with a damp cloth; let dry; do not press.

Embroidery (Worked on the four Beige strips): Following instructions in the box on page 114, enlarge FIG. 1 (including the

FIG. 1 AFGHAN



1 SQ. = 1"

6"x8 1/2" rectangle) on a sheet of tracing paper near the middle of your pad. Turn down a blank sheet on top and trace your drawing (omit the grid lines). Repeat until you have 24 traced sheets. Cut out along drawn rectangle and mark top edge.

Place a tracing 2" below the top of one Beige strip, with side edges even, and baste. With one strand of fluffy yarn in a tapestry needle, work Satin Stitch petals (see stitch details on page 116) through both paper and knitting. When petals are finished, tear paper away carefully. With two strands of yarn in needle, work four yellow French knots (see stitch details) at center of each flower. Repeat embroidery five

more times, spacing the tracing evenly down the strip. Repeat on the other three Beige strips.

Joining: From right side, pin strips together, matching flower motif patterns across afghan, and bottom and top edges. Arrange strips in the following sequence: Beige (green, beige) 3 times. With beige yarn and tapestry needle sew side edges of strips together from right side. Work a row of sc along each long side edge of afghan to prevent edges from curling.

Fringe: Wind beige yarn several times around a 4" square of cardboard; cut at one end, making 8" strands. Hold 4 strands tog and fold in half to form a loop. With right side of afghan facing, working along a short edge, insert hook from back to front in corner knit st and draw loop through it, to the back; draw loose ends through loop and pull tightly to form a knot. Tie 4 strands in same manner in every third knit st along short edge of Beige strip to make 11 beige fringes. Make 5 green fringes in a similar way along short edge of Green strip in every fifth knit st. Continue to make 11 beige fringes and 5 green fringes in each remaining strip along short edge. Repeat fringe directions along opposite short edge of afghan. Trim fringes evenly.

NEEDLEPOINT PILLOW (about 8"x12")—MATERIALS: Persian yarn: 38 yds. of bright orange #958, 75 yds. of lt. orange #968, 85 yds. of medium blue #733; 16 yds. each of dark blue #723 and light blue #743 (see Buyer's Guide on page 112); 1/2 yd. 10-to-inch interlock or Leno needlepoint canvas; masking tape; synthetic stuffing; #17 or #18 tapestry needle; heavy cardboard; push pins.

1. Preparation: From canvas, cut a 16"x 18" rectangle. Fold it in half to mark lengthwise (between longer edges) center (between two threads). Tape raw edges.

2. Stitching: Following the chart (see FIG.

1) work the first med. blue square of Wicker stitch (see FIG. 2) horizontally over four threads:

FIG. 1 NEEDLEPOINT PILLOW
FIG. 2 horizontally over four threads: Start two threads right of center and 1" up from the bottom (16") edge of the canvas. Use four strands of yarn in needle. Continue working four more blue squares diagonally up and across canvas. Repeat procedure until there are twenty-six blue squares in each of the five vertical rows. Fill in with vertically worked lt. orange squares over four threads.

3. Skip two vertical threads (to the right) and begin working the Encroaching Gobelin stitch (see FIG. 3) over two threads each with two strands of dark blue yarn in needle. Fill in with light blue yarn. Work second row, starting with light blue and filling with dark blue. Work three more rows as shown in FIG. 3. Turn canvas and chart 180° (a half turn) and repeat the five rows to the left. Skip two vertical threads and

work four blue squares of the reduced Wicker stitch (over only three threads instead of the four in FIG. 1). Skip one thread, work Encroaching Gobelin as above, following pattern on chart (see FIG.

FIG. 2 WICKER STITCH

GRAPH LINE = 1 THREAD

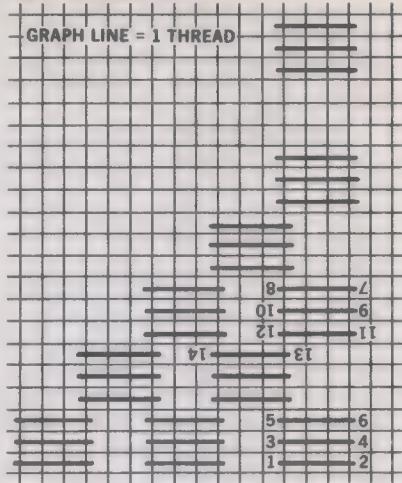
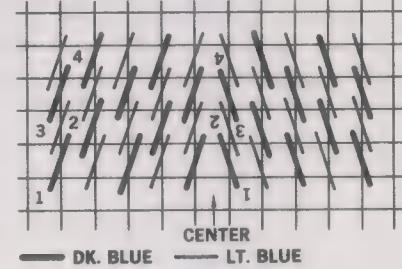
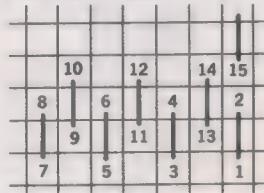


FIG. 3 ENCROACHING GOBELIN



work four blue squares of the reduced Wicker stitch (over only three threads instead of the four in FIG. 1). Skip one thread, work Encroaching Gobelin as above, following pattern on chart (see FIG.

FIG. 4 WOVEN BRICK STITCH



1). Skip one thread and work the Woven Brick stitch (see FIG. 4) with three strands of med. blue yarn in needle. Then weave three strands of lt. orange yarn under the rows of blue stitches without going through the canvas (see FIG. 1). Repeat the same strips of stitches on the other side of center (see photo).

4. With two strands of dk. orange yarn in needle, work the Binding stitch (see FIG. 5) over unworked double and single threads between panels, starting and stopping a few threads short of the ends and leaving yarn dangling. If canvas needs blocking, draw a 12"x16" rectangle on

FIG. 5 BINDING STITCH

GRAPH LINE = 1

THREAD ON CANVAS

HOW TO ENLARGE PATTERNS

Draw a grid of parallel lines vertically and horizontally (at right angles) on paper or thin cardboard, spacing the lines as indicated. Then copy our pattern on your grid, one square at a time. Cut out or trace the enlarged pattern, as directed.



Ore-Ida French Fries

heavy cardboard and lay needlepoint face down over it. Pin needlepoint corners to drawn corners. Lay a wet pressing cloth over back of canvas and press *lightly*. Pin center of each edge to drawn line and continue the same way till pins are about $\frac{1}{2}$ " apart. Let work dry thoroughly before untacking.

Turn under canvas at short ends, leaving one unworked thread beyond the yarn. With right side out and carpet thread in needle, whipstitch canvas ends together, sewing through same holes as outside rows of needlepoint. Continue working the Binding stitch rows across the whipped seam. With dk. blue yarn in needle, cover seam with the whipstitch, working under the binding stitch rows.

5. Turn under canvas allowance at side edges the same way. Center the back seam and work the Binding stitch over two layers at one end. Stuff pillow firmly. Sew open end closed with Binding stitch.

OPTICAL QUILT (about 72" square)—**MATERIALS:** Scraps of lightweight, firm cotton fabrics for quilt top; 4½ yds. of 45"-wide fabric for quilt back and same amount of batting; 1 yd. 45"-wide fabric for binding (see *Buyer's Guide* on page 112); brown paper and right-angle drafting ruler or triangle, for patterns.

DIRECTIONS:

1. **Patterns:** Tape brown paper together to make a piece at least 2 yds. square. On it enlarge FIG. 1 (see directions in box on page 114), making sure all corners are squared. We used all the patches shown in FIG. 1 and fabric in twenty colors. You can eliminate patches (and colors) by tracing only the solid lines. Cut the brown paper pattern apart along the drawn lines, first marking RSU (right side up) on each pattern piece. These are *finished size* patterns.

2. **Cutting:** Trace the patterns, wrong side up on the wrong side of the fabric and cut $\frac{1}{2}$ " *outside* the drawn lines.

3. **Seaming:** Pin and stitch adjoining patches, right sides together, matching the drawn seamlines. Seam small patches to make strips, sew strips to the central square and continue working from the center outward until quilt top is complete.

4. **Backing:** Cut backing fabric into two equal lengths and piece them together at selvage edges. Press seam open.

5. **Basting:** Spread backing out on floor wrong side up and tape down the corners. Spread batting on top. Center and spread quilt top, right side up, over both. Pin, then baste, through all layers (from center outwards) diagonally between corners and from center to the middle of each side. Add more basting rows about 6" apart.

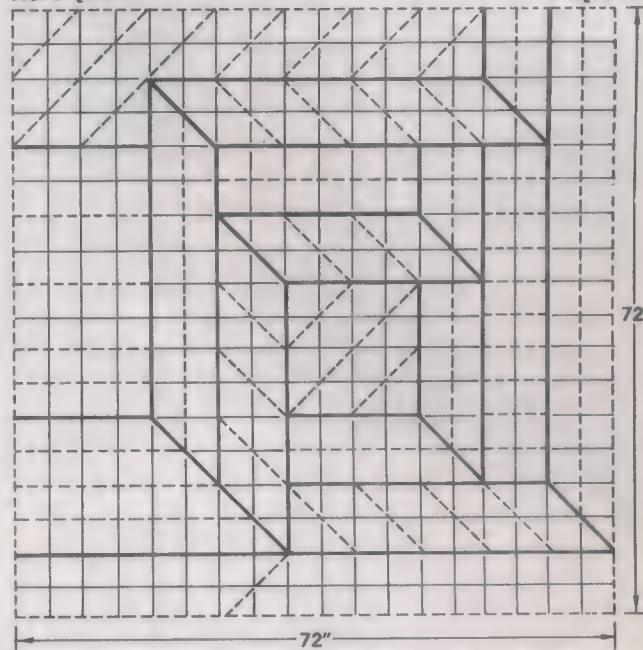
6. **Quilting:** Put quilt in a quilting frame or quilting hoop if you have one. Using a small running stitch, sew rows of quilting stitches

through all layers about an inch apart, following the seamlines (see photo). Trim backing and batting edges to match quilt top.

7. **Binding:** Cut eight 4"-wide strips across the 45"-width of binding fabric and piece two together at the short ends to make four long strips. Turn under $\frac{1}{2}$ " at each long edge and press. Pin one strip to one edge of quilt top, right sides together, with the fold $1\frac{1}{2}$ " from the edge. Stitch along fold. Turn binding to quilt back and slip-stitch along folded edge. Trim ends flush. Repeat at opposite edge of quilt. Repeat at top and bottom edges, turning under the raw ends of the binding flush with quilt.

To page 116

FIG. 1 QUILT



always taste good.

this time...



next time...



any time...



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it's always all-right!

BASKET OF FLOWERS—MATERIALS: 24" square of white linen; white and pale pink Perle cotton; crewel yarn in white, cream, beige, 3 browns, six greens, five pinks and two reds; 6-strand cotton floss in yellow, gold and brown (see *Buyer's Guide* on page 112); 1 yd. $\frac{3}{8}$ "-wide tan ribbon; $\frac{1}{4}$ yd. organdy (you need a 6" square); small embroidery hoop for butterfly and artist's stretcher for picture; dressmaker's carbon.

1. Following the directions in the box on page 114, enlarge the design (see FIG. 1) on tracing paper. With design centered, pin tracing to fabric (right sides up) over dressmaker's carbon paper and trace drawing with pencil. In the same way, enlarge and trace the butterfly (see FIG. 2) to organdy and place it in a small hoop. Stretch linen on artist's stretcher strips.

2. Arrows show direction of stitches; for yarn colors see photo. Use two strands of crewel for basket, elsewhere one strand.

3. Take a long vertical stitch from bottom to top of basket. Continue stitches across basket, filling in the whole space (ribbon is woven through later). Across bottom edge, work a pair of slanted Bullion Knots within each oval. Surround each pair with one dark brown Open Chain Stitch, starting the stitch at the top.

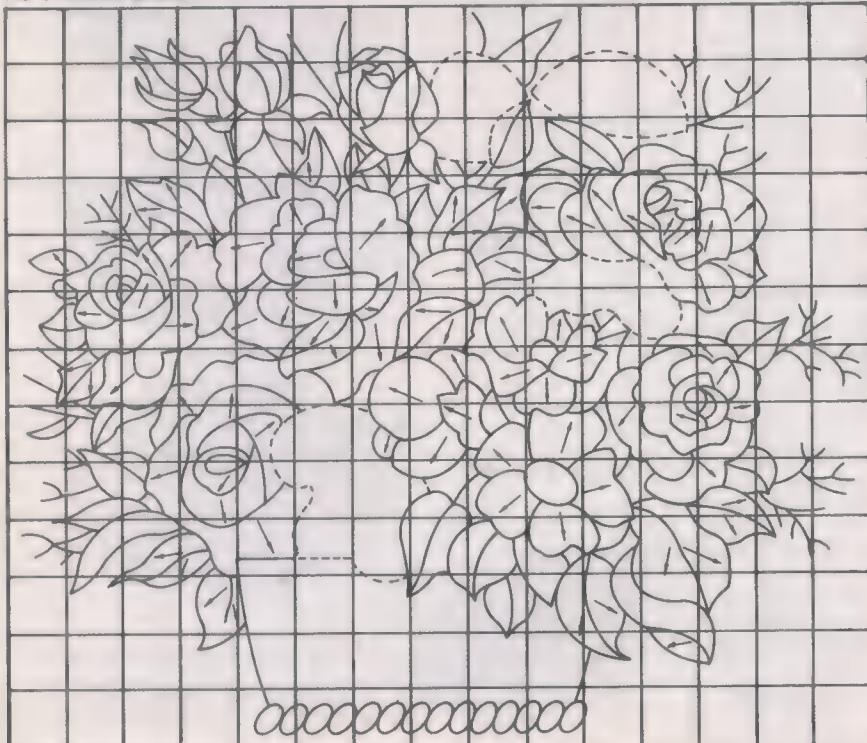
4. Fill the four dotted spaces with long vertical straight stitches in medium green. Work leaves in Long and Short Stitch or Satin Stitch, slanting the stitches and shading the colors as shown in the photo. Add veins, shadows and highlights on top. Work petals the same way, starting at their outer edges and working inward, overlapping stitches as needed. On top, add the central French Knots. In the center of open rose (at lower right), work a ring of gold French Knots on straight stitch "stalks." On top work shorter yellow, then brown, rings the same way.

5. Add grasses (see photo) at edges. Stems are Outline or Feather, to which are added Detached Chain Stitches or French Knots.

6. Finish Queen Anne's Lace, by working French Knots (in mixed whites and beiges) over and beyond the underlying green straight stitches.

7. Weave ribbon over ten and under three threads across the basket, turning under and tacking each raw end to the linen.

FIG. 1 FLOWER BASKET



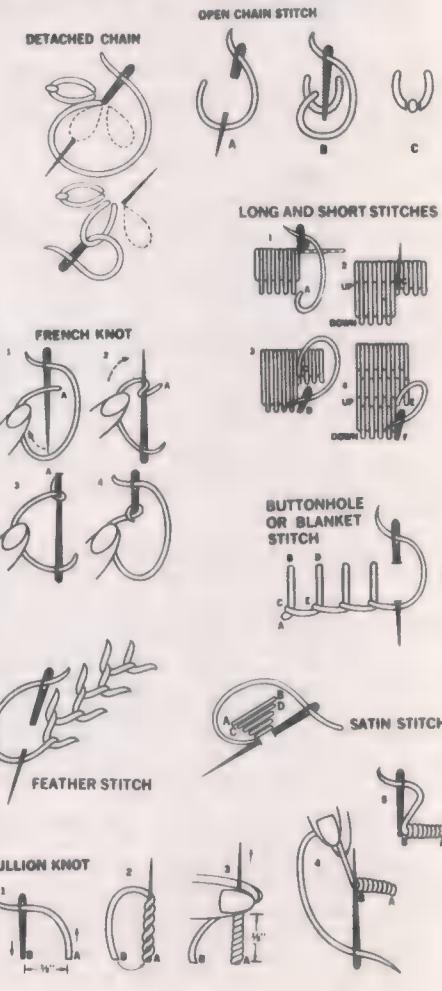
Leave the ribbon raised slightly above the surface and alternate the overs and unders in three succeeding rows.

8. **Butterfly:** Use the six strands of yellow cotton floss just as it comes from the skein. Cover the wings (not the body) with yellow Long and Short Stitch, burying both ends of the thread under stitches (since both sides are visible). Add gold highlights near the center. Using only two strands of brown six-strand floss, work vein lines over the wings in outline stitch and a border of close Buttonhole Stitch around the wings, varying the length of the stitches.

Cut out the butterfly near the Buttonhole Stitch. Pinching the wings together, tack each end of the body over the flowers (see photo). Work a long Bullion Stitch over the unworked body. Work a French Knot on the linen at its head.

9. Block and frame the finished piece. ■

EMBROIDERY STITCHES



Woman to Woman

By Dr. LUCIENNE LANSON

• **My mother, who is 59, recently had a modified radical mastectomy. Her surgeon said she stood a good chance of being cured, as her breast cancer was classified as a Stage I. Could you explain what he meant?**

For the most part, all malignant tumors are classified according to the extent of the disease. This allows doctors to more accurately predict potential survival rates, helps direct therapy and makes it possible to compare the results in cases treated by different methods. Although there is considerable complexity in such classification, breast cancer is basically staged as follows:

• **Stage 0:** This is a tiny (less than one mm.) cancer that is rarely if ever clinically palpable. Its discovery is usually inadvertent, either by mammography or by the examination of breast tissue removed for a clinically benign lesion.

• **Stage I:** This refers to a solitary tumor or lump usually less than two to three centimeters in diameter. There should be no other findings.

• **Stage II:** A breast lump plus involvement of the axillary (armpit) lymph nodes.

• **Stage III:** Any one of the following five signs: swelling of the breast skin, ulceration of the skin, axillary nodes larger than two and a half centimeters (one inch) in diameter, fixation of the breast lump to the chest wall, or the presence of lymph nodes above the collar bone.

• **Stage IV:** Distant spread of the cancer to other organs (liver, lung) or bone.

Cancers classified as Stage 0, I, and II are potentially curable. The outlook for more advanced cancers is, of course, less optimistic.

• **I'm 26 and have been successfully breastfeeding my baby for the past two months. I would like to resume sexual relations with my husband but find intercourse very uncomfortable. Is it normal to feel so dry and irritated after delivering a baby? How long will this condition last?**

Painful intercourse following delivery in nursing mothers is frequently caused by vaginal atrophy as a result of lack of estrogen. In other words, as long as you continue to breast feed, ovarian estrogen production may be suppressed for weeks or even months. This means you will have little or no estrogen to keep your vaginal tissues in good condition. Lubrication is decreased and the vaginal mucous membrane becomes thin, smooth and easily irritated.

One solution to this temporary problem would be to have your doctor prescribe an estrogen vaginal cream. Or you might try a lubricating jelly such as KY jelly or Surgicel. The jelly should be applied liberally around the vaginal opening. It would also be helpful to have your husband coat himself prior to lovemaking. Should these measures fail, check back with your doctor.

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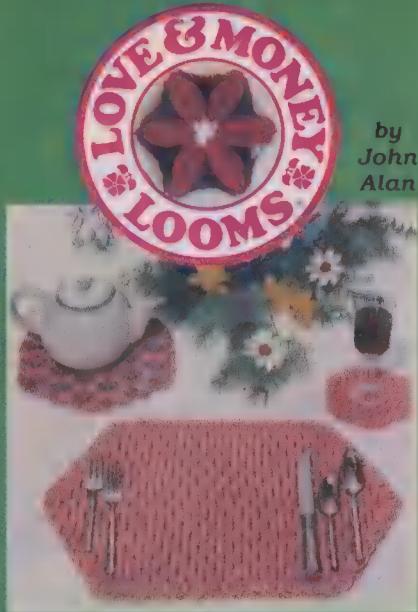
Spatini Fried Chicken

2 to 2 1/2 lb. chicken, cut into serving pieces
1/2 cup all-purpose flour
2 eggs, beaten
1 env. Spatini Spaghetti Sauce Mix
2/3 cup dry bread crumbs
2 tablespoons chopped parsley
Oil

Dip chicken into flour, then egg, then spaghetti sauce mix mixed with bread crumbs and parsley, coating well. In skillet, heat 1/4-inch oil and brown chicken, simmer covered 20 minutes. Cook uncovered, turning occasionally, an additional 10 minutes or until crisp and tender. Makes about 4 servings.

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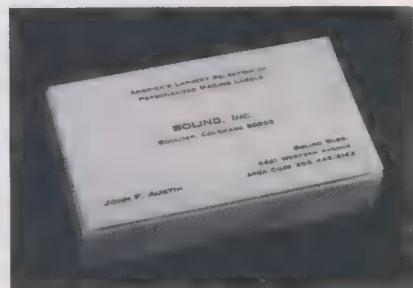
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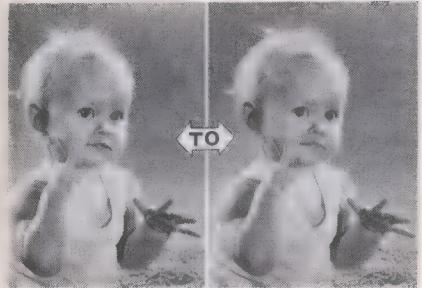
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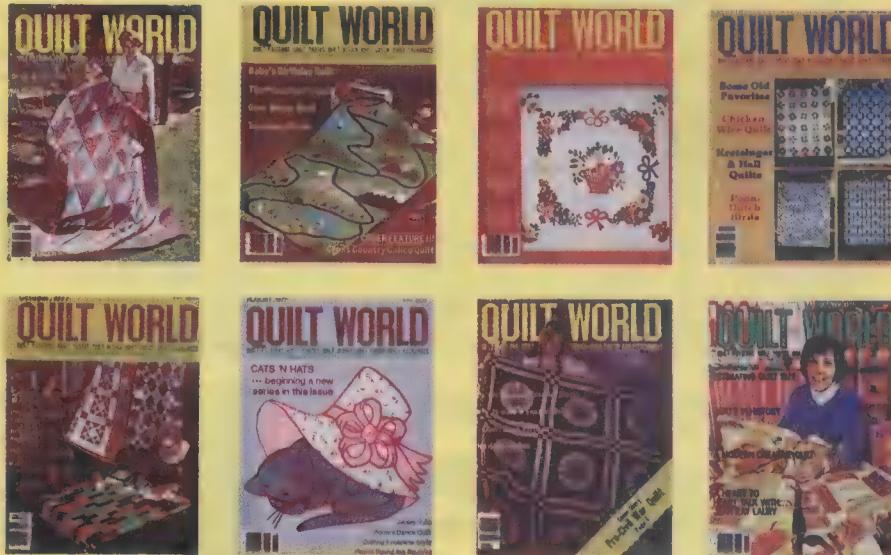
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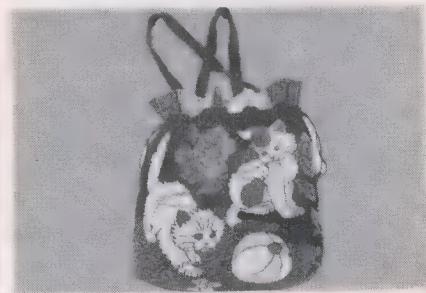
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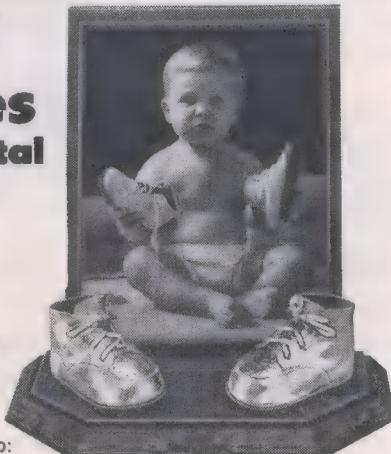
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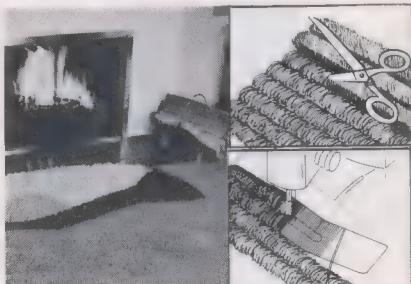
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2 FROM 1 SPECIAL

You get 2 prints of every
picture ... see low, low prices
on film mailer below.

Compare our single print prices
...savings will amaze you!

	Retail Store Price*	Clark Regular Mail Order Price	PAY ONLY Clark's Introductory Mail Order Price
126-12 exp.	\$4.36	\$1.80	\$.39
126-20 exp.	6.20	3.10	2.50
110-12 exp.	4.36	2.10	1.25
110-24 exp.	7.12	3.80	3.00
135-24 exp.	7.12	4.20	3.00
135-36 exp.	9.88	6.40	4.50

*Major national retail photo outlet 3/80 Offer expires Feb. 1, 1982.

Mail your film in
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Clark Color,
Div. of District
Photo Inc.,
10619
Baltimore Ave.,
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Clark
COLOR LABORATORIES®



Freebies For Crafts-
women. 24 chapter
manual is a great
collection of give-
aways, tells you how
to get FREE samples,
patterns, magazines,
plans, government
benefits, grants, pro-
grams . . . all for
needleworkers and



Highest
Camera
Store
Quality



With Clark the quality of
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best you have ever seen
... as good or better than
you get in camera stores.
We use only Kodak paper
and supplies for best
results.

Date on back
of your prints

MY FIRST ORDER
 REPEAT ORDER

From: _____ Zip: _____
Print Your Name _____
Address _____
City _____ State _____

Clark Super Savings on developing

Kodak film

2992

39¢

Introductory offer to develop and
print 12 exp. 126 Kodacolor film.
1 print per picture.

B1 MAIL YOUR FILM IN THIS
ENVELOPE TODAY!

2 FROM 1



You get 2 prints of every picture
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side.



We use Kodak paper...
for a good look.

FOTO DATE AUG 1981
Shows month and
year pictures were
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handy record.



Elsa Williams the Ultimate in NeedleArt Designs and Materials.

Enclosed is my check for \$1.00. Please send me the new 52 page 1981 Elsa Williams NeedleArt Collection Catalog. 2281-S

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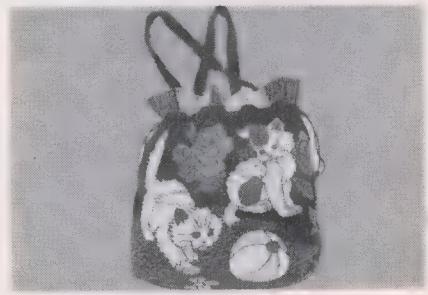
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Elsa Williams Inc., West Townsend, Massachusetts 01474

Needlepoint Tissue-Box Beautifiers add a cute touch to vanity table or bathroom shelf. Easy enough for a needlework novice because plastic grid sections are quick to stitch, easy to assemble. Use your own yarn with kit that includes everything else you'll need, only \$4.95 ppd. Love & Money Crafts, Box 987FE1, Ann Arbor, MI 48106



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100% GUARANTEE

• You pay only for pictures that come out. You automatically get a credit certificate for the cost of developing any prints we could not make.

• If you are not satisfied for any reason, simply return all of the negatives, prints or processed film to us. (After Steve Clark) with the shipping envelope. We will send you a fresh replacement roll of Kodak film plus a certificate to process that roll free of charge.

2992

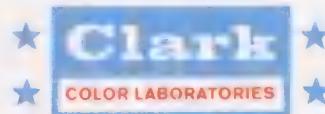
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6 ROLLS 7 STAMPS	7 ROLLS 8 STAMPS	8 ROLLS 9 STAMPS

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• ORDER FORM
• SHIPPING LABEL

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PRINT IN AND PLACE IN ENVELOPE WITH FILM

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2 FROM 1

YOU GET 2 PRINTS OF EVERY PICTURE

PRICES SUBJECT TO CHANGE WITH 30 DAY NOTICE WITHIN 90 DAYS OF ORDER FORM, FILL IN, DETACH, AND PLACE IN ENVELOPE WITH FILM	CIRCLE YOUR CHOICE		NO OF EXP	1 PRINT EACH	2 PRINTS EACH
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126 Instant-Load	12	39¢	\$1.39		
126	20	\$2.50	\$3.50		
NEW	12	\$1.25	\$2.00		
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TOTAL

ADD 5¢ PER ROLL OR REPRINT
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TOTAL ENCLOSED

CREDIT IS GIVEN FOR
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Develop your **Kodak** film for

39¢

Introductory offer
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126 Kodacolor film.
1 print per picture.

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Compare our single print prices ...savings will amaze you!

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Flattering Fashions at budget-pleasing prices. Whether your taste leads you to tailored and high-fashion or frilly and feminine (or a nice mix of both!) you'll love Old Pueblo's famous selection of styles with emphasis on excellent fit for most any size. New special petite selection, too! Catalog, \$1. Old Pueblo, FY2LL, 600 S. Country Club, Tucson, AZ 85726



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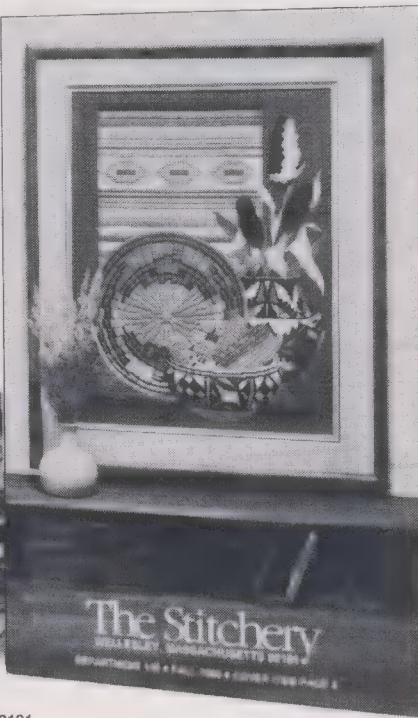
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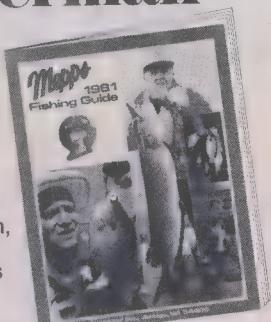
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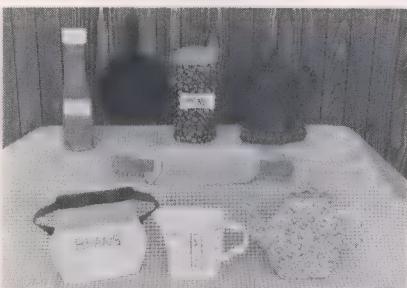
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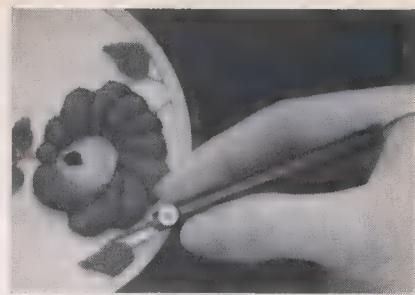
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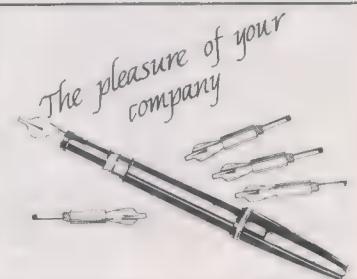
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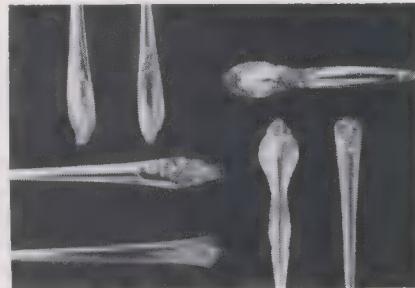
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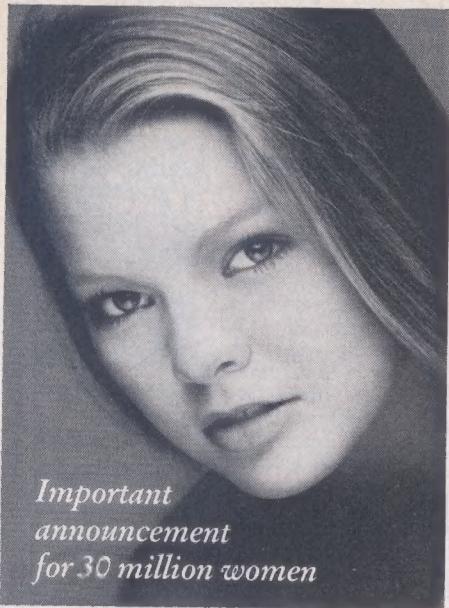


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FEMININE CREME MEDICATION

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Developed with a leading gynecologist

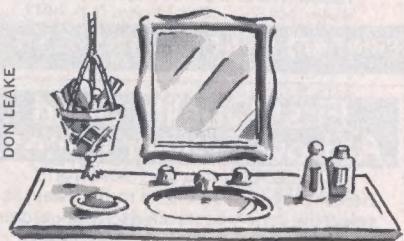


Edited by ERIKA DOUGLAS

Recycle your old filing cabinet

COATS of high-gloss enamel paint will make an old metal filing cabinet pretty enough for any room in the house. The deep drawers are perfect for storing towels, bulky cleaning supplies, cookbooks, recipe clippings or fabrics for future sewing projects.—F. HARGROVE, Kingston, N.Y.

Every little bit helps



SOLVE THE lack of counter space in small bathrooms and be decorative at the same time. Suspend a rope plant hanger from the ceiling near the sink. Instead of a plant, use the basket or flower pot to hold brushes, combs, lotions and the like.—JANE EGBERT, Norwalk, Conn.

Keeping wire hangers apart

EMPTY THREAD spools placed over the hooks of wire coat hangers will keep the hangers separated and your clothes uncrushed. It surely saves time, tension and temper.—MRS. CAROL KIM, Fort Lauderdale, Fla.

Unusual housewarming gift

WHEN I moved into a new apartment this summer, a friend surprised me with an unusually thoughtful housewarming gift. A few weeks before I was scheduled to move, she managed to find out my future address and ordered a set of address labels; she then presented them to me on the first day I took up my new residence. I was delighted, since in all the confusion of moving I hadn't had a chance to do it myself.—DIANE ZIMMERMAN, Minneapolis, Minn.

Be a barterer

THE ANCIENT custom of bartering may be on its way back as an inflation fighter. Just recently I traded space in my freezer for fresh produce from a neighbor's garden, and two hours of yard work by a young man



in exchange for some mending and a batch of my homemade granola. The possibilities are endless, and no cash need ever change hands.—SHARON KROEBER, San Jose, Calif.

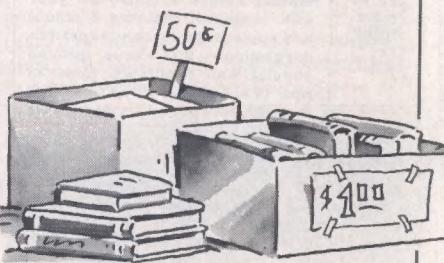
Improving your vocabulary

IF YOU have to spend a lot of time driving, here's a way to improve your vocabulary while sitting at traffic lights or while riding along. Dictate those words that you want to be part of your everyday speech into a small tape recorder. Listen to the words for several days or weeks, until you know them; then move on to a new set.—A. K. ROTELLA, Mt. Lakes, N.J.

Second use

TAKE OLD highchairs, playpens and the like that are in good condition to your children's nursery or day-care center. Often the usable items can be traded for a day of free child care.—CAROL WELCH, Orange City, Fla.

Educational rummaging



I'VE ALWAYS loved to go to rummage sales looking for bargains, and one of the biggest bargains I've acquired is a library of used books. It started when my children were small and I wanted good books for them. Later it led to my own preferences. I have a selection now ranging from Shakespeare to Nancy Drew—all at minimal cost.—SHIRLEY HIRTH, Racine, Wis. ■

Kings, 9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method;
100's, 9 mg. "tar", 0.7 mg. nicotine av. per cigarette, FTC Report Jan. '80.

Lighten up!
Share today's light Belair!

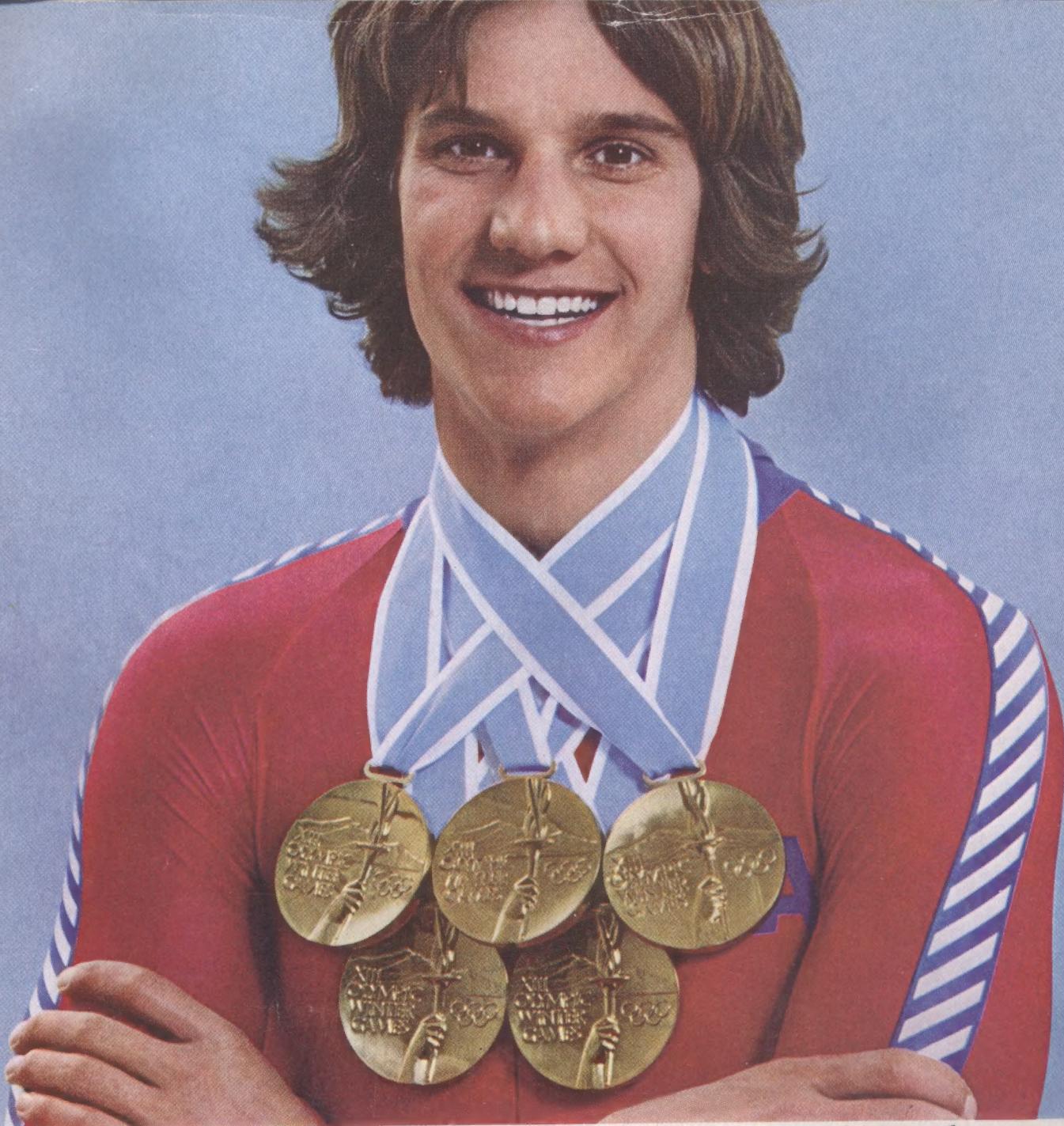
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